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CALGARY

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Wednesday, August 1, 2012

Recycling
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BRONZE BONANZA

Canadian Olympic athletes, from left, judoka Antoine Valois-Fortier, diving duo Roseline Filion and Meaghan Benfeito, and weightlifter Christine Girard, all captured bronze medals at the London 2012 Olympics. More Olympics coverage, pages 28 and 30. VALOIS-FORTIER/GETTY IMAGES; FILION AND BENFEITO/THE CANADIAN PRESS; GIRARD/GETTY IMAGES

Shoes destined for the podium

Designer and U of C professor helped Adidas create a sprinter shoe worn by this year's Olympic track-and-field athletes

PAGE 4

Anti-whaling fugitive at sea

Canadian activist wanted in at least three countries vows to continue to disrupt Japanese whaling fleets

PAGE 9

Summer fun on the cheap

Drifting along the Bow River in a raft is just one of five ways to enjoy the end of summer across our nation without going broke

PAGE 20

Good news bears

A new live-streaming video initiative brings the brown bears of Alaska directly to your smartphone

PAGE 21

Phelps breaks medal record

Gold and silver medals on Tuesday make U.S. swimmer Michael Phelps the most successful Olympian ever

PAGE 30



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Ticketing starts

**Beware the Snare:
Too-loud vehicles
will now be fined**

Starting Wednesday, that noisy vehicle could net you a \$270 ticket. Owners of excessively loud vehicles caught by the Noise Snare will now be issued tickets by the City of Calgary Animal & Bylaw Services.

"We knew going into this that only about two per cent of the vehicles on Calgary streets might be in violation of the bylaw, but this is a matter of the public's sense of safety and security and community standards around tolerance to noise," said Bill Bruce, director of Animal & Bylaw Services. "We know there are violators out there."

Since the warning period began at the end of June, the Noise Snare has tested 6,798 vehicles and caught one violator, a pickup truck registering at 101.2 decibels. To be subject to the \$270 Objectionable Noise fine, a vehicle must register over 96 decibels.

"Calgary motorists have had ample time now to adjust their vehicles or their driving behaviour," said Bruce.

CANDICE WARD/FOR METRO



The city's Noise Snare will detect vehicles making noise in excess of 96 decibels.

CANDICE WARD/FOR METRO

Calgary Folk Fest exceeds green goals

Eco initiatives.

Recycling stations and reusable plates are among the programs in place at event



KATIE TURNER

katie.turner@metronews.ca

Organizers of the Calgary Folk Music Festival say they are thrilled to have exceeded their goal to divert the majority of waste created by festival-goers this past weekend.

In 2010, the festival diverted 30 per cent of its waste from the landfill and doubled that number to 60 per cent last year.

This year, the target was to divert 75 per cent of the waste from the landfill by encouraging recycling and composting.

"The estimate is actually an 80 per cent diversion rate, which is really incredible," said Kate Zago of Green Calgary, the group that tracks the festival's waste. "We're definitely very impressed."

Folk Fest's new eco manager for 2013, Christopher Dunlap, said reaching the target was not an easy feat, and several volunteers even went through bags and bags of garbage to ensure it was properly sorted.

Dunlap said they've had inquiries from other festivals from as far as Ontario and as close as Calgary's Sled Island,



This year's Calgary Folk Music Festival eco manager, Leor Rotchild, shows off one of the recycling stations on Prince's Island Park over the weekend. KATIE TURNER/METRO

Quoted

"The estimate is actually an 80 per cent diversion rate, which is really incredible. We're definitely very impressed."

Kate Zago of Green Calgary

which has also made strides in becoming more green.

"For us it's not just about completely greening our festival, it's about engaging to have those conversations," said Dunlap.

Ald. Druh Farrell said she would like to see city officials work with festivals through-

out Calgary to set and meet environmental targets.

"They show how successful it can be," said Farrell. "They show it can be done."

Follow Katie Turner on
Twitter @Metro_Katie

Compost collection

- It's estimated that 1,900 kilograms of compost was collected from Prince's Island Park on Saturday, according to Dunlap.
- Around 3,020 kilograms of compost was collected on Sunday.
- Dunlap said they're exploring the idea of adding a fee to ticket prices to go towards the purchase of carbon offsets.

1 NEWS

Mobile news



Water polo athlete Rosanna Tomiuk may not have qualified for the London Olympics, but her tribute to Team Canada is definitely worthy of a medal. Scan the code to watch her musical shoutout to Canada's Olympians.

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Drug bust

RCMP get tough
on crack cocaine in
Calgary northwest

RCMP say they've seized 15 ounces of crack cocaine within Calgary — an amount they say could equate to 4,200 hits on the street.

The Calgary RCMP Drug Section seized five ounces of crack cocaine and

\$5,200 from two vehicles on July 25 in Falconridge.

Two people were arrested, and a subsequent warrant was obtained for a residence on Skyview Springs Crescent N.E.

An additional 10 ounces of crack cocaine and \$4,800 were seized in that raid.

Minh Quang Phan, 26, and Jewit Anthony, 24, both from Calgary, have been charged.

METRO



Crack cocaine seized in recent northeast Calgary raid. METRO/RCMP

Minor injuries

Pilot escapes
plane crash

The pilot of an ultra-light plane was able to walk away from a crash near the Ponoka airport Tuesday morning.

RCMP said they were called out after reports of the crash came in around 11:30 a.m. Police said the crash happened shortly after takeoff, when the plane came down

in a farmer's field 100 yards from the south end of the airport's runway.

The 57-year-old pilot from Red Deer was able to walk away from the crash, police said, but was later transported to hospital via ground ambulance with non-life threatening injuries. Mechanical failure was the likely cause of the crash, police said, but a precise cause will be determined by Transport Canada. METRO

Calgarian designer set for gold with new shoe technology

Innovation. Shoe designer and U of C professor helped Adidas develop shoe for Olympic athletes

CANDICE
WARD

calgary@metronews.ca

As all eyes are on the 2012 London Olympics, one Calgarian's eyes will be on the feet of the athletes.

Darren Stefanyshyn, shoe developer and University of Calgary professor in the Human Performance Laboratory, will be watching the latest shoe developments to come from the partnership between Adidas and the U of C hit the

adiZero Prime SP

- This new shoe is available for men and women.
- It's the lightest sprinter shoe ever made by Adidas.

track and field competition next week in London.

"We have a vested interest in watching the Olympics," said Stefanyshyn.

Taking a new approach to designing sprint shoes, Stefanyshyn said they decided not to improve on existing shoes, but to start again.

"This time we tried what I would call a more revolutionary process," said Stefanyshyn.

"We decided to break it down and start from scratch."

The Adidas adiZero Prime SP can be seen during the track and field event during the Olympics on such Adidas-sponsored athletes as American sprinter Tyson Gay.

The U of C also had a hand in developing the sprint shoe Donovan Bailey wore in the 1996 Atlanta Olympics where he won the gold medal in the 100-metre dash.

The U of C has been working with Adidas to create performance footwear for 30 years.

"Adidas wants to access the best possible labs and we are very good and very well known for what we do," said Stefanyshyn.



Darren Stefanyshyn, professor, Human Performance Laboratory at the University of Calgary, helped develop the new Adidas adiZero Prime SP sprint shoes that will be worn during the track and field competition during the 2012 London Olympics. CANDICE WARD/FOR METRO

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Woman pleads for help in finding 36-year-old parrot

Lost. If you think you've seen Poncho the parrot, do let his owner know at 403-561-4052



KATIE TURNER
katie.turner@metronews.ca

For more than two-thirds of Kate Hygaard's life, her parrot has been by her side, but for the past three days, the Calgarian has been searching for her lost bird.

Hygaard said she was in her yard Sunday afternoon, accompanied by her 36-year-old parrot Poncho, when something spooked him and he flew away from their Arbour Lake home.

"I've just been sick about this," said Hygaard, adding she's called vet clinics and shelters across the city, as well as posting on Kijiji to see if her bird has been turned in.

She said Poncho's wings are unclipped but he often comes outside with her, and in the 34 years she's had him, he rarely leaves her side.

"I got him for my 15th birthday from my mom and dad," said Hygaard. "My son is 27 ... he's older than my son. We're all just devastated. It's like having a dog but he's been with us for so long."

Hygaard is hoping someone will spot her brightly coloured friend, and notify her.



Calgarian Kate Hygaard is asking for help in finding her 36-year-old parrot Poncho, who has been missing since Sunday. PHOTO CONTRIBUTED BY KATE HYGAARD

She also said Poncho's favourite snack is, oddly enough, Temptations cat treats, and he will often fly right to someone's hand should he see a bag of the treats.

Hygaard said anyone who

spots Poncho can reach her directly at 403-561-4052.

"I just want to get him home."

Follow Katie Turner on
Twitter @Metro_Katie



Quoted

We're all just devastated. It's like having a dog but he's been with us for so long."

Kate Hygaard, parrot owner

Politics

Alberta Party leader resigns

Personal reasons are behind the departure of Alberta Party leader Glenn Taylor, according to a party release.

Taylor, who led the Alberta Party into the last provincial election, tendered his resignation effective Sept. 22. **METRO**

Crime

Flasher sought in SW exposure case

Police are asking for help in identifying a suspect who allegedly approached two 15-year-old girls Sunday around 5:30 p.m. and exposed his genitals while they were waiting for a bus on the west side of 37 Street S.W.

The man is described as Caucasian, around 50 years old, roughly 5'7 tall, 160 lbs. and was wearing blue swimming shorts and brown and white shoes, with no shirt.

Those with information are asked to call Crime Stoppers at 1-800-222-8477. **METRO**

Television

Eat St. coming back to Calgary

Food Network Canada show Eat St. will be coming back to Cowtown to film three more food trucks for the next season of the popular program.

The TV show will be filming Aug. 10-12 at the Naaco Truck, Braizen and Mighty Skillet.

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Lights out — again! World's biggest blackout hits India

Another day of chaos. Second power outage leaves 620 million in the dark, sparking the question: Can Indians cope with change?

The world's biggest-ever power outage left 620 million people in the dark Tuesday.

More than half of India was blacked out when three regional grids collapsed.

Hundreds of coal miners were trapped underground.

Trains stalled across the country and New Delhi's Metro shut down. Even electric crematoria stopped oper-

ating, some with bodies half burnt.

The massive failure came a day after a similar outage hit 370 million people.

And it raised serious concerns about India's outdated infrastructure and the government's inability to meet the huge appetite for energy as the country aspires to become an economic superpower.

Power Minister Sushil Kumar Shinde blamed the new collapse on states taking more than their allotted share of electricity.

"Everyone overdraws from the grid," he told reporters.

He added: "I gave directions that states that over-drawing should be punished."

Officials said the system would not be back to 100 per cent until Wednesday.

A bleak fact behind the outage: A third of India's households don't even have electricity to power a light bulb.

THE ASSOCIATED PRESS



Life must go on: A barber in Kolkata, India, holds a candle as he cuts a customer's hair Tuesday amid the massive power outage that threw about half the country into chaos. BIKAS DAS/THE ASSOCIATED PRESS

World-beaters

Some notable power outages around the world:

- **November 10, 2009.** Storms cut power to 60 million Brazilians for two to three hours. Paraguay also blacked out.
- **January-February 2008.** Winter storms cause a nearly two-week blackout for about four million people around Chenzhou, China.
- **August 14, 2003.** Power line problems in the U.S. Midwest trigger a cascade of breakdowns that cut power to 50 million, and in parts of Canada.
- **March 1989.** A solar geomagnetic storm knocks out power to six million people in Quebec for nine hours.

Quoted

"India has outgrown its own infrastructure."

Jagannadham Thunuguntla, a strategist at SMC Global Securities





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Anti-whaling fugitive chooses seas over jail cell

Canadian Paul Watson. Activist who is wanted in at least 3 countries is determined to disrupt Japanese whalers this winter



Paul Watson
THE CANADIAN PRESS/DAPD/MARIO VEDDER

Paul Watson, the fugitive founder of environmental group Sea Shepherd, vowed Tuesday to continue disrupting Japan's whaling fleet when it heads for the southern oceans this winter, despite authorities in at least three countries seeking his arrest.

The 61-year-old Canadian was detained in Germany in May on a Costa Rican extradition warrant that accused him of endangering the crew of a fishing vessel in 2002.

About 10 days ago Watson, who sees himself as an advocate for whales, sharks

and other marine animals, skipped bail after learning that Japan, too, was seeking his extradition from Germany.

"I can serve my clients better at sea than in a Japanese prison cell and I intend to do just that," he said in a

statement issued by his U.S.-based group, which didn't disclose his current location. "In December, our ships will sail forth for the ninth campaign to oppose the outlaw Japanese whalers in the Southern Ocean Whale Sanctuary."

The Southern Ocean Whale Sanctuary is a vast conservation area around Antarctica in which commercial whaling operations are banned.

Watson said he believed the Japanese warrant related to the collision of a Japanese whaling support ship and a Sea Shepherd boat in January 2010. Sea Shepherd has accused the Japanese ship of deliberately ramming its futuristic, rocket-shaped boat, the *Ady Gil*, and eventually causing it to sink. The whalers denied it, saying the *Ady Gil*'s captain deliberately put his vessel in their ship's path.

THE ASSOCIATED PRESS



Thousands affected by power outage after Ontario storm

A woman wearing a rain poncho crosses Queens Quay in Toronto during a heavy downpour Tuesday. A severe thunderstorm in the Greater Toronto Area flooded streets and caused a power outage that affected roughly 4,000 people. PAWEŁ DWULIT/TORSTAR NEWS SERVICE

Ontario woman injured

Lightning jolts group of canoeists

An Ontario woman is recovering from injuries after she was struck by lightning while canoeing with six other people in Manitoba's wilderness.

RCMP say a group of women and girls were on an organized camping trip and were paddling along the Bloodvein River near Lake Winnipeg on Sunday when a sudden storm approached. They were going to shore when the 23-year-old woman was hit by lightning.

THE CANADIAN PRESS

G20 fallout

Hairy legs got them arrested: Claim

Women claiming to have been profiled because of their hairy legs are among a group of seven people planning to serve a \$1.4-million claim against police on Wednesday arising out of the violence-marred G20 summit two years ago. The group from Hamilton, Ont., alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a Yonge Street restaurant, their lawyer said. THE CANADIAN PRESS



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Pedophile's ex-wife — who let 2 girls starve to death — to be released

Belgium. Michelle Martin's fifth request in eight years granted after securing a position at a convent

The ex-wife of a notorious pedophile who aided her husband's horrific abuse and murder of young girls — and who let two children starve to death while her husband was in jail — was approved Tuesday for early release from prison, infuriating the victims' parents and reopening a dark chapter in Belgian history.

Michelle Martin, who is now 52, received a 30-year prison term in 2004 for not freeing girls her then-husband Marc Dutroux held captive behind a secret door in their decrepit, dirty basement in Marcinelle, 40 miles south of Brussels.

Dutroux, 55, is serving a life term for kidnapping, torturing and abusing six girls in 1995 and 1996, and murdering four of them. During those years, Dutroux also spent four months in jail for theft, leaving it to his wife to feed Julie Lejeune and Melissa Russo, a pair of

Imprisonment

Martin and Dutroux have been behind bars since they were arrested Aug. 12, 1996. But early release is common in Belgium.

- Under Belgian law, release is possible after one-third of a sentence is served, including credit for time spent in pre-trial detention.
- In Martin's case, a Belgian convent has now said it would take her in as part of the conditions of her release.

friends imprisoned in the basement. Martin let the girls starve to death. They were eight years old.

A court in the city of Mons granted Martin's request for early release — her fifth in eight years — after her lawyers found a place for her at the Belgian convent and convinced the court she would not become a repeat offender. She will likely not be released for another two weeks, leaving the prosecution time to appeal the ruling.

THE ASSOCIATED PRESS



Twin car bombings litter Baghdad streets

People and security forces gather at the scene of a car bomb explosion in a shopping area in Karradah, Baghdad, Iraq, Tuesday. Iraqi officials say twin car bombings within five minutes of each other have killed and wounded scores of people. KHALID MOHAMMED/THE ASSOCIATED PRESS

German intelligence

Suspected Syrian spy faces further charges: Officials

A suspected Syrian spy who was arrested in Germany earlier this year once tried to infiltrate the country's intelligence services, officials said Tuesday. The German federal prosecutors' office said Akram O. was employed by Syria's embassy in Berlin but not officially registered with German authorities when he applied in 2010 for a post with the Interior Ministry. THE ASSOCIATED PRESS

Anti-Putin protest

U.S. speaks out for Pussy Riot

The United States is speaking out on behalf of three Russian feminist rockers charged with hooliganism for performing a "punk prayer" in Moscow's main cathedral. State Department spokesman Patrick Ventrell says the U.S. is concerned about the "politically motivated prosecution of the Russian opposition and pressure on those who express dissenting views." THE ASSOCIATED PRESS

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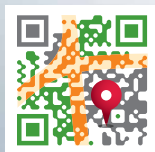
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Arafat widow seeks 'assassination' probe



Did Yasser Arafat die of a massive stroke or was he poisoned?

GETTY IMAGES

Was he poisoned?

Tests show traces of lethal substance polonium-210, but family seems split over exhumation

The widow of Yasser Arafat on Tuesday formally asked for a French judicial investigation into his death, bringing a

complaint of "assassination."

Suha Arafat's request comes just weeks after new suspicions were raised that the veteran Palestinian leader was poisoned before his 2004 death in a French military hospital.

Earlier this month, Palestinian authorities gave final approval for Arafat's body to be exhumed.

But the family appears split over the exhumation.

Arafat's nephew, who as

a close relative and has veto rights over digging up the remains, said Tuesday there was no need for it.

The nephew, Nasser al-Kidwa, on Tuesday joined Arafat's sister, Khadija, who lives in Gaza, in saying the body should be left in peace.

Al-Kidwa has reportedly alleged that Arafat was poisoned by Israel.

Israel has vehemently denied a role in Arafat's death.

In recent tests of Arafat's

Quoted

"We are convinced (that Israel killed Arafat) and we need the world to make a move."

Nasser al-Kidwa, Arafat's nephew, who seeks an international investigation.

belongings, a Swiss lab detected elevated traces of polonium-210, a rare and highly lethal substance.

But the lab said the findings were inconclusive and Arafat's bones would have to be tested.

French doctors have said Arafat died of a massive stroke and had suffered from a blood condition.

Now a French judge will have to decide whether to accept Suha Arafat's request — also brought on behalf of their daughter — and order a complete investigation.

THE ASSOCIATED PRESS

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Going for a soggy cycle

A Filipino couple navigates a flooded street by bike in Obando, Bulacan province, north of Manila, on Tuesday. Typhoon Saola soaked the area as it swept past the Philippines, killing at least seven people.

AARON FAVILA/THE ASSOCIATED PRESS

France cracks down

Sex harassment now means jail

France's parliament on Tuesday approved legislation that makes sexual harassment a crime, addressing problems many say have existed for decades in the country.

The new law sets three levels of harassment, with the most serious — where the harasser has authority over the victim, the victim is younger than 15, or multiple people carry out the harassment — punishable by up to three years in prison.

The legislation covers offences in universities, the housing market and job interviews.

THE ASSOCIATED PRESS

Blame for 9-11

How to grab \$6 billion?

A U.S. judge says al-Qaida, the Taliban and Iran should pay \$6 billion to relatives of Sept. 11 victims for aiding in the 2001 terror attacks.

The New York judge's recommendation is largely symbolic since it would be nearly impossible to collect any damages.

But plaintiff Ellen Saracini said she is happy. Her husband, Victor, was the captain of one of the two planes that struck the World Trade Center.

Iranian President Mahmoud Ahmadinejad has denied any Iranian connection.

THE ASSOCIATED PRESS

TWO WAYS TO WIN WITH SHELL!

Take a look at our sample
story and then get writing!

Every road trip offers...

... memories to last a lifetime, but my most memorable was spent touring the Rocky Mountains in Alberta with my family. My parents packed my brother and me, aged 9 and 13, into our family SUV for a two-week trip.

I'm sure there were squabbles along the way, but when I look back I recall wonderful moments. I remember sunny days, stopping for ice cream at viewpoints along the highway, singing along to popular radio hits as we wound through the mountains and countless giggles as we entertained ourselves with silly road trip games like "I Spy".

But by far, the best part of our road trip was an unexpected adventure along the way. On an excursion to Lake Louise we took a wrong turn, and found ourselves driving down a secluded road underneath a canopy of trees, all alone except for an occasional sighting of wildlife. The views were spectacular and no one was in a hurry to return to the highway, so we carried on.

Eventually, the pavement became bumpy gravel. Crawling along at 10km an hour, we finally came to the end of the road – with a magnificent vista in view: sparkling turquoise water encircled by rugged mountains. Rather than reaching our planned destination, we had accidentally discovered Lake Moraine, a pristine glacial lake, far away from the touristy crowds. We sat still and quiet in the car, taking in the breathtaking view and realizing how lucky we were to get lost after all.

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Patent trial. iPhone technology copied by Samsung, Apple claims

An attorney for Apple told a jury Tuesday that bitter rival Samsung faced two options to compete in the booming cellphone market after Steve Jobs introduced the iPhone to critical acclaim in 2007: Innovate or copy.

Samsung chose to copy, making its smartphones and computer tablets illegal knockoffs of Apple's popular products, attorney Harold McElhinny claimed.

Samsung "has copied the entire design and user experience" of Apple's iPhone and iPad, McElhinny told a jury during his opening statement at the patent trial involving the world's two largest makers of cellphones.

In his opening statement, Samsung attorney Charles Verhoeven countered that the South Korean company employs thousands of designers and spends billions of dollars on research and development to create new products.

"Samsung is not some copyist, some Johnny-come-lately doing knockoffs," he said.

Verhoeven asserted that Apple is like many other companies that use similar technol-

Tech tussle

- A verdict in Apple's favour could send a message to consumers that Android-based products such as Samsung's are in legal jeopardy.
- A verdict in Samsung's favour, especially if it prevails on its demands that Apple pay its asking price for certain transmission technology, could lead to higher-priced Apple products.

ogy and designs to satisfy consumer demands for phones and other devices that play music and movies and take photographs.

For example, he said several other companies and inventors have filed patent applications for the rounded, rectangular shape associated with Apple products.

"Everyone is out there with that basic form factor," Verhoeven said. "There is nothing wrong with looking at what your competitors do and being inspired by them."

THE ASSOCIATED PRESS



Lowe's builds case for Rona takeover

A man carries building supplies from a Rona store in Toronto on Tuesday. Rona Inc. has rejected a \$1.76-billion unsolicited takeover offer from U.S.-based Lowe's Companies, which says it's still interested in buying Canada's largest home-improvement chain, issuing a statement that said institutional fund managers controlling about 15 per cent of Rona's stock have expressed support for the acquisition. NATHAN DENETTE/THE CANADIAN PRESS

Luxury living

NYC penthouse on sale for \$100M

What will \$100 million US buy you in New York? An exclusive listing is offering an octagon-shaped penthouse in midtown Manhattan that boasts three floors of living space, panoramic views of the city, six bedrooms, nine bathrooms and a wine room for 1,000 bottles. The penthouse is being sold by real-estate developer Steven Klar, who purchased it for \$4.5 million in 1993 and spent at least as much renovating it.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
99.71¢ US (-0.11¢)



TSX
11,664.71 (-93.17)



OIL
\$88.06 US (-\$1.72)



GOLD
\$1,610.50 US (-\$9.20)

Natural gas: \$3.209 US (-1¢)
Dow Jones: 13,008.68 (-64.33)

Air Canada's plans for low-cost carrier worries pilots

Air Canada pilots are concerned that the airline's launch of a low-cost carrier could threaten their job security and working conditions, the union said Tuesday as the

plans came closer to fruition after an arbitrator sided with the airline in a labour dispute.

A federal arbitrator chose Air Canada's final offer Monday, imposing a five-year

collective agreement that includes, among other things, provisions allowing the airline to create a budget carrier.

The airline says the agreement, effective until April 2016, will give it the flexibility it needs to compete with budget carrier WestJet, which operates mostly domestic flights and doesn't have Air Canada's issues with union and pension woes.

"Another piece has fallen into place with this arbitration decision," said Air Canada spokesman Peter Fitzpatrick.

"The industry has changed and a lot of low-cost competition has arisen around the world and in Canada. It's no secret WestJet has a fairly significant cost advantage over Air Canada, so we need to create a vehicle that will be competitive."

Air Canada's top executives have said the launch of a discount carrier is a top priority, but details about the airline's plans are sparse.

Labour strife

- The pilots are one of two major labour groups at Air Canada that have recently been forced to accept the airline's final offer in labour negotiations.
- The other union is the International Association of Machinists and Aerospace Workers, which represents repair and ramp crews.

Although Air Canada's offer indicates the low-cost carrier will employ workers from the Air Canada Pilots Association, the union's president says it will be "under drastically different terms of employment."

Air Canada's offer also has provisions that allow the airline to remove the entire Embraer fleet of planes from the main line if a low-cost carrier is created, which may result in job losses for pilots, he added.

Air Canada has tried the discount route before with its



Members of the Air Canada Pilots Association protest in front of the company's annual meeting in Calgary in June. JEFF MCINTOSH/THE CANADIAN PRESS

launch of the now-defunct Zip Airlines.

At the airline's annual general meeting in June, chief executive officer Calin Rovinescu said Zip failed because it had a limited number of planes to battle WestJet.

THE CANADIAN PRESS

Investor Services says. The firm says concerns over the European debt crisis and a weakening global economy pushed Canadian stocks lower, while bonds posted the strongest gains.

Domestic bonds were the best performing asset class for the second quarter, with the median pension fund returning 2.4 per cent.

THE ASSOCIATED PRESS

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(Psalm 68:19, Blessed be the Lord, Who daily loads us

with benefits)

GOODNEWSTODAY.CA

Investing

Pension funds down in Q2: RBC

Canadian defined benefit pension plans saw their investments slip 1.1 per cent in the second quarter, giving up some of their gains from the first three months of the year, a new report by RBC

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FOR THOSE OF US WHO MISSED THIS IN KINDERGARTEN



JUST SAYIN'

Paul Sullivan
metronews.ca/justsayin

I don't know if I learned everything I needed to know in kindergarten, but there was lots of useful stuff, like waiting until the bathroom break to go pee.

Other stuff I'm still not sure

about, like "some think it's candy but it's not," and "cheaters never prosper."

The first one we'll save for another column, but the cheaters line always causes me to go hmmm. If that's true, why do so many people cheat?

Never mind the consequences, what's the value of the experience?

This is the question that must be going through the minds of the various cheaters who weren't paying attention in kindergarten. Almost everyone cheats, even though it's a hollow experience. Apparently, it beats the hollow experience of authentic existence. Maybe you have to go to graduate school to learn that one. Existentialism 101.

Yet, they still do it. Although anti-doping officials plan to run 6,250 doping tests at the current Summer Olympics, at least nine athletes (so far) thought they could beat the odds and have been caught and sent home, the latest being the proverbial Albanian weightlifter. Don't they have kindergarten in Albania?

Then there's that cheating vampire Kristen Stewart, who thought she could bite the wrong neck despite the fact that she's routinely surveilled by more cameras than a London subway platform.

Or how about Jonah Lehrer, the bright young journalist who resigned from the New Yorker this week after he got caught making up Bob Dylan quotes. "Who's Jonah Lehrer?" tweeted Dylan, who should talk. He stole Ramblin' Jack Eliot's voice. But then Ramblin' Jack was something of a cheat as well. He came across all Ramblin' Jack, folksy and wild-western, when in fact his real name was Elliot Charles Adnopolz and he grew up in Brooklyn.

Did Ramblin' Jack or Bobby ever stand up and say they cheated, that they weren't really itinerant troubadours who learned their art and wisdom on the highway? Uh, no. But making up quotes from an influential singer-songwriter, that's cheating. And if you weren't so busy nosing-mining in kindergarten, you would know that.

The Father of All Cheats, a dentist named Kip Litton from Michigan, made up an entire marathon and placed himself first in it. Rosie Ruiz, the famed Boston Marathon cheat, had nothing on this guy. As well as the bogus West Wyoming marathon, Kip has cheated his way into Boston, and despite an exposé in this week's New Yorker (irony alert!) he's still going!

Cheaters never prosper. They also never give up. Didn't learn that in kindergarten, so it must be genetic.



Kristen Stewart, Little Miss Cheatie.
GETTY



Jonah Lehrer, El Cheato. HANDOUT



Kip Litton, the marathon cheater.
COURTESY MLIVE

Love the written word? Get lost



GETTY IMAGES

Literary art

Labyrinth of books makes for twisted tunnel

If you are a lover of the written word, you'll be amazed by this labyrinth.

Brazilian artists Marcos Saboya and Gualter Pupo used 250,000 books to create it.

The installation at Britain's Southbank Centre is a part of the London 2012 Festival, a three-month-long cultural event held concurrently with the Olympics.

METRO

Book worm

- **Inspired by a literary great.** Brazilian artist Gualter Pupo said the installation's design is based on the fingerprint of Jorge Luis Borges, one of Latin America's greatest writers. "He was almost a library himself," Pupo joked.

- **Maze's meaning.** Is it a maze or a bibliophile's dream? Pupo said the idea behind this interactive installation is to gaze at the covers and read the books, all to rekindle the power of literature first experienced in childhood. "People have

to look at literature and remember how it builds our character and personality," he said. About the concept of a maze, the artist profoundly added: "You need to get lost in order to find your right way."

- **Book sources.** Pupo said that about half of the books were donated by British charity group Oxfam, with the rest provided by numerous book publishers. Pupo, director of non-profit production company Hungry Man, said all the books will be donated back to charity after the exhibition ends on Aug. 26.

In numbers

50

volunteers a day for a three-week period were needed to assemble the 250,000-book-strong labyrinth, which is more than 500 square metres in size.

Online

Check out a time-lapse video of the 'booklayers' making the maze at metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

How closely are you watching the Olympics?

43%
I PLAN TO
CATCH THE
BIG EVENTS

43%
I'M NOT WATCHING
AT ALL

0%
I'M RISING
EARLY TO
CATCH AS
MUCH AS I CAN

14%
I'M ONLY
PARTAKING
WHEN
THERE'S
NOTHING
ELSE ON

Twitter

@kasmcrae: Apparently the shoulder check is a dying art in #yyc #baddrivers

@XOjesXO: Where should me and the roommate go sky diving #yyc? I hear there's a place where people die...I'd rather not go to that one.

@So_Wright: Without even saying a word to the people next to me, I feel like I know them... #SeatsTooClose

#yyc #CalgaryTransitProbs

@laurendanger: Hey #yyc I noticed about six dead magpies along Crowchild Trail today between Glenmore and 16th. I suspect a murder... #badpuns

@angelousilva: After watching some of the #London2012 #Olympics I decided to watch the #yyc 1988 opening ceremony. So proud <3

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SCENE 2



Neil Patrick Harris' Dr. Horrible Sing-Along Blog is being picked up by the CW network. HANDOUT

A look behind the CW curtain

TV critics press tour. The CW announces adding Neil Patrick Harris online hit, and teases other upcoming network projects

AMBER RAY
Metro World News

Dr. Horrible's Sing-Along Blog, Joss Whedon's three-part musical starring Neil Patrick Harris, Nathan Fillion and Felicia Day, officially makes its television debut on Oct. 9 at 9 p.m. on The CW, the network announced at the Television Critics Association press tour in Beverly Hills, Calif., this week.

The Internet hit, about a budding super villain (Harris), was created during the Writers Guild of America strike and first ran online in 2008. Mark Pedowitz, President of The CW, admitted he's a big fan of the musical, and said



The CW provided some spoilers about the new season of The Vampire Diaries. HANDOUT

he proactively touched base with Whedon to get Dr. Horrible on The CW.

"I made the phone call. I said, 'would you like it on television?' Pedowitz told journalists. Pedowitz explained that the series will be re-edited for time constraints, so what viewers will see is "basically what's been online."

As for additional Dr. Horrible stories, Pedowitz is

eager to bring any potential new episodes to The CW.

"Hopefully if Joss does another one, we'll get a crack at it," he said.

In other cult hit news, Pedowitz said the network would "love to do" a series based on the bloody, futuristic thriller Battle Royale, a Japanese film released in 2000 with a very Hunger Games-like plot: The government forces high-schoolers to

Also announced

The next cycle of America's Next Top Model will be the series' first college edition, featuring 13 model wannabes who are enrolled in universities and trade schools across the country.

- **Season starts.** Also new to the series is a social media correspondent, fashion blogger Bryanboy, who will share comments and video messages from viewers during judging. The season premieres Aug. 24 at 8 p.m.

fight to the death.

Though Pedowitz says he is a "big believer" in the show, particularly because of the movie's cult following and its dystopian plot, right now he says an adaptation is "at this point in time only in development."

"Not even in development."

Only a phone call."

Regarding fantasy/sci-fi series that are returning to The CW, Pedowitz said the new season of The Vampire Diaries will (spoiler alert!) explore Elena's transition into a vampire.

"Does she follow Stefan's path or Damon's path?"

Considering the series' high body count, Pedowitz confirmed there will be new faces on Season 4.

"There are always new characters," he said. "And those who are dead can return."

Also at press tour, The CW announced that the winner of The Next, a singing competition that travels the nation searching for new talent, will be awarded a contract with Atlantic Records. Premiering Aug. 16 at 9 p.m., the series features mentors Nelly, Gloria Estefan, Joe Jonas and John Rich finding local talent, then bringing the singers to Los Angeles, where they will vie for viewers' votes during live performances.

On the Web



Former American Idol finalist Kimberley Locke wants to judge the popular singing competition

Totally recall-ing these questions

New movie. Kate Beckinsale laments being asked the same questions over and over again at junkets

NED EHRBAR
Metro World News

Kate Beckinsale has quite a ferocious presence in the new update on Total Recall, playing a government operative on the hunt for Colin Farrell's rogue agent with memory issues after working undercover as his doting wife. It's no easy job but she reveals the most difficult part is hearing the same questions over and over.

I've noticed when doing press for your movies, you



Kate Beckinsale stars in the remake of Total Recall. HANDOUT

get a lot of the same questions.

Were you there when (a reporter) asked me if I fantasize about playing Maggie Smith's parts? That was quite a stunning one. Is she not 87? I came back to my room and said, 'I wonder if Colin was asked does he fantasize about

playing Mickey Rooney's parts?' Does that happen? Probably not. I must say, I do find that that's an obsession that seems to be quite rampant in the press, and it doesn't come up in my actual life so much. And then I get quite shocked when I come to press junkets and people are

obsessed with it. It's almost like, 'How are you still going around with that wooden leg and the colostomy bag and the false teeth? How's it going?' It just seems so completely mad to me.

It's the other side of being an actress, really — taking these questions over and over, handling them with grace and humour.

I don't know if I think I'm necessarily very good at it because I feel like I'm far too honest most of the time. I keep hearing about these sort of seminars that other actors have done to figure out how to deal with it, and I was never offered it, told about it — it's too late now, anyway. I do think that my instinct is to be open and treat it as if I am genuinely having a conversation.



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Arnold Schwarzenegger and Maria Shriver

Schwarzenegger ranch available at a discount

Arnold Schwarzenegger and Maria Shriver are still looking to unload their 24-acre Santa-Barbara-area ranch and have reduced the price again, according to Radar Online.

The sprawling estate — former owners of which include Clark Gable, Jimmy Stewart and John Wayne — has been on the market since January and is now being offered for \$4.495 million US.

Schwarzenegger and Shriver purchased the property in 2008 for \$4.7 million. Despite taking a potential

loss on the sale, Shriver is reportedly eager to unload it.

"She thinks the land has bad energy," a source says. "Maria's a very spiritual person and she doesn't want any negativity in her life, especially after everything she went through, so she just wants it gone from her life."

That "everything" the source refers to includes Schwarzenegger's admission that he maintained an affair and fathered a child with a member of their household staff.



Fred Willard

ABC drops Willard improv show after arrest

Two weeks after Fred Willard was arrested in an adult theatre for indecent exposure, ABC has decided not to air the final two episodes of his improv show, Trust Us

With Your Life, according to the Associated Press. Willard was previously let go from a show on PBS, Market Warriors, immediately after the arrest.

Whole crew to strip down for Lohan topless scene

Lindsay Lohan will apparently go topless on camera, but there are some interesting conditions.

According to TMZ, before stripping down for a steamy sex scene in her latest project, the Canyons, Lohan insisted the crew do the same, leading to the scene being filmed by about 10 men in their underwear.

Wearing even less, though, was Lohan's co-star, adult film actor James



Lindsay Lohan

Deen, who likely didn't take much issue with removing his clothes.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



What's his name? Snoop Lion

THE WORD
Monica Weymouth
scene@metronews.ca

We expected that Snoop Dogg would change his name again at some point. The rapper — who was born Calvin Cordozar Broadus, Jr., christened himself Snoop Doggy Dogg, then dropped the Doggy — was at least one reincarnation behind Diddy.

What we didn't expect was that we'd be calling him Snoop Lion. The new name comes after a trip to Jamaica, where he visited with Rastafarian priests.

"I want to bury Snoop Lion," Snoop revealed at a news conference in New York. "I didn't know that until I went to the temple, where the High Priest asked me what my name was, and I said, 'Snoop Dogg.' And he looked me in my eyes and said, 'No more. You are the light; you are the lion.' From that moment on, it's like I had started to understand why I was there."

Since when did Snoop start to sound like your too-touchy yoga teacher? That's a question for another day.

For today, we ask you this: What is Justin Bieber's spirit animal?

Lindsay Lohan

Spirit animal: C a p u c h i n monkey. Because no other animal is known to both chain smoke and steal.



Justin Bieber

Spirit animal: Chipmunk. The high voice, the admirable scrappiness, the built-in racing stripes: Chipmunk DNA is one diamond earring removed from Bieber's building blocks.

Taylor Swift

Spirit animal: Gazelle. So graceful, so delicate, so innocent. And yet, we'd be really afraid to fall in her pen.



Tom Cruise

Spirit animal: Cockatoo. Perfectly coiffed and dead behind the eyes, both of these unnerving creatures have learned to speak gibberish while mimicking humans.

Holmes doing 'really great' since divorce, source says

It's been a month since Katie Holmes filed for divorce from Tom Cruise, and apparently the lifestyle change is working out for her.

"She's doing really great. She's so strong, she's an independent girl with her own ideas. She is fine," a source close to Holmes tells Us Weekly.



Katie Holmes

Holmes has also reportedly been spending more time with 6-year-old daughter Suri. "She wants to really become a parent and start teaching her strong discipline," another source says, explaining that Holmes realized the young girl had become "very demanding and bratty."

Twitter



@pattonoswalt

If you're selling bed sheets at a Chevron, you probably don't need to bother announcing the thread count.



@marcmaron

I'm fasting to prepare for my trip to Chicago this weekend because I'm going gorge myself there.



@SteveMartinToGo

There's a new reality show on NBC called "The Olympics." The judges need to bicker more and berate the contestants.



@AlbertBrooks

Enjoying Olympics. Just found out the high jump has nothing to do with how you watch it.

Heritage Day Festival

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3 LIFE

On the web



Reopened 100-year-old Japanese Garden brightens Southern California's Huntington Library.

Summer is the peak time for Canadian families to go on vacation, but let's face it; the cost of hotels, food and fun can blow your budget. With only a handful of weeks left before the kids go back to school, here's five suggestions for cheap day getaways in Canada.

MAE GIFFORD
travel@metronews.ca



Ride around Stanley Park in Vancouver

Estimated cost: \$125-150 for a family of four to rent bikes for half a day

A popular pastime for locals and tourists, renting bikes and sailing around the park's stunning seawall never gets old because you discover something new every time. The park is full of famous landmarks so create a fun (and free!) scavenger hunt

5 cheap summer activities



Raft down Calgary's Bow River

Estimated cost: \$10 to \$55 for four to six people

Most Calgarians agree there's no better way to spend a hot summer day than drifting along the Bow River. This activity is free if you already own or can borrow a raft but the cost to rent a six-person floater is \$55. Bring some drinks and snacks and you're laughing. Don't forget sunscreen and life jackets.

Soak up the sun on Grand Beach, Manitoba

Estimated cost: \$10-\$50 for a family of four

Nestled on the eastern shore of Lake Winnipeg, Grand Beach features three kilometres of beautiful white sand. Located within a provincial park, there's a lot of affordable activities to do including hiking, bird watching and camping. Pack a picnic lunch and enjoy it while relaxing on a beach blanket.



Paint a picture in Peggys Cove, Nova Scotia

Estimated cost: Free to \$30 for art supplies

One of the most recognizable lighthouses in the world, a trip to this eastern province isn't complete without a stop at Peggys Cove. Make your next trip there meaningful by getting each person to draw or paint their interpretation of the famous red and white lighthouse. It will be an experience and piece of art that you'll treasure forever.



Take a deep breath on Toronto's islands

Estimated cost: \$21-\$200 for a family of four, includes ferry and cost of amusement park

Quiet, tranquility and arguably the city's best skyline view can be found on Toronto's islands. Just a quick ferry ride away, Centre Island, Hanlan's Point and Ward's Island provide relief from city life and promote relaxation. Centreville Amusement Park is a popular destination for families because of its 30 rides and attractions. Save \$5 by buying an all-day park pass for four online.

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WESTJET

Take a virtual trip to where the bears roam

Live streaming 'show'.
Alaska's Katmai National Park partners with a website to bring nature to people's smartphones

A new video initiative is bringing the famed brown bears of Alaska's Katmai National Park directly to your computer or smartphone.

Without having to go there, you'll be able to watch mature bears compete for salmon at Brook Falls and other sites and cubs tumbling over each other as they play. Starting last week, a live Web stream (is.gd/bfPAs8) is allowing the public to log on and see the brown bears in their natural habitat.

"I think it's an unparalleled opportunity for people to get that front row seat of the lives of the bears at Brooks Camp," said Roy Wood, chief of interpretation for Katmai National Park and Preserve.

The project is a partnership with explore.org, which set up four high-definition cameras in Katmai, spokesman Jason Damata said. Three of them are at existing viewing stands where bear fans come to watch the animals.

The cameras provide access to a national park that is difficult to reach and expensive for most tourists. It is about 442 kilometres southwest of Anchorage, but no roads lead to Katmai.

A trip there involves mul-

tipale airplanes and a lot of advanced planning; it's hard to get a lodge reservation at Brooks Camp before 2014. Camping is allowed, but on a reservation system that goes online Jan. 5.

"It takes a lot of time, a lot of effort and a lot of money, and the webcams will make it accessible to anyone with access to a computer, a smartphone, a tablet device," Wood said.

The park draws just under 10,000 visitors a year, but about 2,200 bears live in Katmai National Park. About 100 of them are in the Brooks Camp area.

One camera is at Brooks Falls, where the bigger male bears compete for salmon, some while the fish are trying to jump the falls. The bears eat mostly the brains and eggs of these fish and let the carcasses flow downstream. This is the prime viewing area now.

The second camera is about 150 yards away, where females and cubs eat the fish scraps floating downstream. The third is at the lower falls, where bears will congregate later this summer when dead salmon float downstream after spawning. "Any bear can catch them when they're dead," Wood said.

"The placement of the cams is fantastic," Wood added. "I mean, they'll be close enough, many of the bears you'll be able to identify and follow as they eat the salmon at Brooks Falls and raise their young here."

The cameras are powered by solar and wind energy. Microwave signals are sent to the Dumpling Mountain camera, which are then sent to King Salmon, Alaska, where a Ti

connection allows for the high-definition cameras to be broadcast to the Internet.

The best action of the four cameras will be broadcast.

They are the latest addition to a list of live-streaming webcams in the Pearls of the Planet initiative for explore.org, underwritten by the Annenberg Foundation.

The subjects of other webcams include osprey off the coast of Maine, and polar bears in the Arctic and Scandinavia; locations such as the California redwood trees and in institutions like the Vancouver Aquarium, where cameras are directed on belugas and jelly fish. A camera in Brookeville, Md., is focused on a golden retriever and her new litter.

The pups will be raised and trained to be service dogs for military members suffering from post-traumatic stress disorder.

"The mission is simple. We simply want people to fall in love with the world again," said Charles Annenberg, creator of explore.org and vice-president of the Annenberg Foundation.

A previous attempt to set up live bear cams from Katmai with a museum in Homer, Alaska, failed due to lack of funding.

"It's very expensive to run streaming video, more expensive than we could handle with our partnership with the Pratt Museum because both of us don't have a good revenue stream," Wood said.

He said it was a "great, fortunate day for us that explore.org called and said they were

Exclusively online

metronews.ca

- **Bear cam.** explore.org/#1/live-cams/player/brown-bear-salmon-cam-brooks-falls
- **Explore.** explore.org
- **Katmai National Park and Preserve.** nps.gov/katm/index.htm



Smile, the Katmai brown bears are on camera! PHOTOS: THE ASSOCIATED PRESS



The bear cams are powered by solar and wind energy.



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Local diner breakfast

Tempo Cafe (6 Chestnut St.)

Near the John Hancock observatory is a cozy

diner that you wouldn't find unless a local led you there. For \$10, you can have an omelette that will feed three (no kidding). It comes in a skillet, on a pile of freshly grated potato

hash browns with toast and homemade marmalade. Try the apple and cheddar, not too cheesy, lots of apple chunks. Freshly pressed juices are a nice surprise. \$20



6

must-not-miss eats in Chicago

PHOTOS AND TEXT: THERESA ALBERT
travel@metronews.ca

You make it all the way to the Windy City and you don't want to stumble through 10 oily, breaded deep dish pizzas in one long weekend. You want someone to give you the shortcut to finding the best meals and

atmosphere to understand this perfect triad of a town — art, architecture and eats.

Here's your cheat sheet. (All prices are for two.)

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Famous lunch

Frontera Grill (445 North Clark St.) rickbayless.com/restaurants/grill.html

Rick Bayless is America's restaurateur and Frontera Grill is his Mexican eatery that is packed all afternoon. Its funky artwork and bustling crowd gobble up the house specialty, ceviche. The mole trio will get you an overview of Mexican tastes and the fresh margaritas will make sure you need a siesta. \$60-\$75 with drinks



Rooftop cocktails

Trump Tower (401 N Wabash St.) trumphetelcollection.com/chicago/rooftop-restaurants-chicago.php

Chicago is a city best seen from above the ground, so find a patio to rest, recharge and take in the scene. Trump tower has a river view from the 16th floor and serves up freezie pops of booze along with neat, sweet treats like mini Nutella ice cream cones. \$30



More rooftop cocktails...

Tavern Tree-house (130 E Randolph St.) tavernat-thepark.com.

Tavern Tree-house overlooks the Millennium Park and is where Chicago's business beasts boast about their latest score and sip artisanal cocktails/nibble delicious snacks like mini prime rib sandwiches with five-cheese fondue, caramelized onions and jus. \$50



For more fancy fare...

Girl and the Goat (809 W Randolph St.) girlandthegoat.com

Top Chef winner, Stephanie Izard, creates the

most fascinating small-plates-style meal.

Book well in advance or stumble in and hope for a table at the bar — or better yet, at the harvest table on the patio. The menu changes often, but hope that the wood

fired roasted chicken with yuzu harissa or the roasted pig face is still on it. Pick one of the three house-made breads each with their own spreads and the ham frites. \$150 with lots of wine

Don't leave without the dinner

Aria Bar and Sushi Club (Aria- Fairmont Millennium Park, 200 North Columbus Dr.) ariaichicago.com/aria-bar

During the heat of summer or for a mid-winter snuggle, you want a dark, contemporary, sexy corner to nestle in and a beauti-

through Millennium Park a check out Cloud Gate, a three-story sculpture

affectionately referred to as The Bean. Fairmont also sponsors the world class jazz and symphony performances that happen almost nightly and for free in the park. \$80

ful, light, creative pan-Asian meal. After eating, take a stroll



all the way to Dallas.

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Meeting a manager for the first time? Don't suffocate them with a double-handed squeeze. One hand will do just fine! ISTOCK

Hand over that job

Shine with a shake.
Prepare your palms for any meet-and-greet

ELIAS
DA SILVA-POWELL
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Starting your first entry-level or early career job will likely involve a small but significant action: the handshake.

Between networking, conferences, interviews and social events, you'll do a lot of handshaking in your life. U.S. president Theodore Roosevelt once shook more than 8,000 hands in a single day.

While you probably won't go quite that far, it's important to make sure you've got the basics in hand.

When your hands need a hand

Take a minute and really look at your hands.

Hands – the body's most versatile tool – often get neglected

because they're in the middle of everything.

You may be advertising your hobbies without knowing it, in the form of paint, dirt or rough, calloused skin.

High-pressure situations can also create problems, as some people are prone to sweating when nervous. At the other end of the spectrum, cold weather can result in dry, cracked skin, which is not only painful, but unpleasant to look at.

Don't forget about your fingernails. Short, worried-looking nails suggest nail-biting (which a prospective employer may interpret as a lack of discipline), while unattended talons present a real risk of injury.

Perfect your pleasant palms

A soak in warm soapy water followed by a scrub with a nail brush will resolve most problems with dirt and grime. Wear gloves when working with your hands. Some retail stores carry a liquid solution which helps keep your hands stain-free.

Manage sweaty palms with

Get a grip!

Handshake technique

- Employ a one-handed shake. Throwing both hands into the mix is overly intimate.
- Make sure your fingers are together and that your palm connects with the other person's palm squarely.
- Don't shake anyone's hand without standing up. Ever. If you can't be bothered to stand, you don't need to shake hands.
- With that in mind, don't refuse to shake someone's hand when they're sitting.

over-the-counter products which will help your hands stay cool and dry. (At networking functions, be sure to hold your drink in your left hand.)

If you're prone to dry skin, find a non-greasy moisturizer that keeps your skin supple.

As a bare minimum, ensure your nails are trimmed and

tidy.

This sort of care and attention helps avoid unpleasant surprises for someone joining you in a hand-clasp – surprises which might turn the friendly individual off.

Don't be shook by the shake
Everyone dreams of the perfect "deal closer" handshake — the handshake that tells others, "I'm reliable, serious and here to get things done."

While you might think this means an iron grip and a wide smile, handshake protocol varies widely around the world. Different cultures have different conventions relating to bodily contact, handshake pressure and duration, eye contact, and when to shake hands.

RECENT QUEEN'S UNIVERSITY ENGLISH LANGUAGE AND LITERATURE GRADUATE ELIAS DA SILVA-POWELL IS A SUMMER MARKETING AND EDITORIAL INTERN AT TALENTEGG.CA WHO IS RETURNING TO QUEEN'S THIS FALL TO COMPLETE A MASTER'S DEGREE IN ENGLISH.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Networking know-how. An etiquette lesson in making connections

How do you make connections and find a job? It's not just what you know. It's who you know.

Networking is the process of making contact and exchanging information with other people. It involves building relationships and creating a personal set of contacts that may be able to help you in some way.

Networking is attentively and consciously meeting people, being interested in them, remembering who they are and what they do, and exchanging information with them over time. Networking can be used in many ways in your job search and throughout your career. No matter who you contact, etiquette is important in building and maintaining relationships.

• Be well prepared. Be able to articulate as much as you know about what you are looking for in your career, job search, etc.

• Always be professional, courteous, and considerate.

• Be interested in the people you meet. Most people enjoy the chance to tell you about their own careers and activities.

• Be genuine. Possess a sincere

desire to learn. Be honest in asking for advice. If you are only interested in asking for a job, it will show, no matter how you disguise it.

• Be gracious. Write a thank you letter when people take time to meet with you.

• Stay in touch. Update people in your network when you make significant progress in your research or job search.

• Give back. Know enough about the people you meet to keep their needs in mind as you continue to network. You may be able to pass on ideas, articles, and contacts that will interest them.

• Use good judgment about the amount of time you request when you contact people. Do not overstay your welcome, and do not "return to the well" too many times.

CLARE TATTERSALL IS THE MANAGER OF CAREER DEVELOPMENT AND COMMUNITY BASED LEARNING AT HURON UNIVERSITY COLLEGE AT WESTERN UNIVERSITY IN LONDON, ONT.

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Twitter

@TalentEgg
What's one piece of job hunting etiquette advice that you always follow?

@Alison_L_Pearce
Make sure your #references KNOW they're your references!

@IraKates
Research the position you are applying for! I get so many inquiries

when I post an #SEM job that do not even bother to research

@jessMvee
Be professional in an interview, but let your personality show too! It's what they'll remember most.

@_Shereen
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Student Voice

My degrees are my experience, so hire me already!

Adelle Farrelly,
Graduate, Bachelor of Arts
in English Literature
McGill University, Graduate
Master of Arts in Medieval Studies
University of Toronto
TalentEgg.ca

I always knew in the back of my mind that an academic career was a slim possibility, but I foolishly thought that the skills I would gain from a bachelor's degree, never mind a master's, would give me the flexibility and work ethic that would make me attractive to potential employers.

I was set on applying to PhD programs when the combination of a death in the family and financial struggles gave me pause — that could wait, I thought, until I had worked for a few years in the real world, paid off my student loans, and established what great question I would like to tackle. More grad school is still a possibility down the line, but that dream of real-world work experience is fading fast.

In some ways I have done everything wrong: two arts



degrees, student loans, no real internships to speak of, no connections, no networking, just retail experience and a knack for Latin. Even with a reduced course load, I never had the time others seemed to have for unpaid internships and student groups as I was busy working a retail job.

I was one of the first people in my family to go to university and I had no relatives or family friends able to give me advice or connections. I don't want to make too many excuses, because there are people who start with far less and go much further, but those were the risks and limitations I perceived.

By all conventional wisdom, a degree should mean something. Yet when I finished my MA I found myself working at a certain well-known coffee chain surrounded by fellow students and recent graduates, all of us looking for that "real job" and confused about our fate.

One truly great thing came out of this experience: I realized that what I want to do, what I really want to do, is write.

Where I am now

So, what am I doing now to improve my situation? Reading. Writing. Applying for everything in sight, whether I'm "qualified" or not. Networking socially. Blogging. Translating Latin in my spare time. Quite frankly, writing this. All I need, I keep saying, is just one opportunity with someone willing to show me the ropes.

My recommendations for students

Students! You, there, who wants to be a professor! I am proud of you and know you know your stuff, but remember: if for whatever reason that path doesn't work out, don't assume that you can just "get a job in publishing or something." If that really is your secondary career choice, start putting at least a little effort into that starting now, or you'll end up in my position.

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Which glass to raise?

Setting the bar. When it comes to work events, sip smart

ELIAS
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A networking event can put you touch with everyone from hiring managers and recruiters to company heads, all of whom might be a valuable lead for an entry level or early career job.

The drink in your hand can say a lot about you, or even act as a serious barrier to effective networking.

Beer Beer is a safe bet. It's conventional, relaxed and has the right amount of "work-after-work" feeling to it. Also, if you're at an event for several hours, no one will begrudge you having more than one.

Martinis A martini perfectly captures the goal of a networking function: make a very strong impression in a very

Liquid learning

Shots? Don't. Just don't.

Elias Da Silva-Powell



Order your bevvy with extra ice to keep conversations clear. iStock

short time. However, you may find it hard to close a promising conversation when you can't find your business cards...or your wallet...or your shoes, for that matter.

Mixed drinks

Since these drinks are small in size, it's deceptively easy to wind up with a glass full of ice, which can be distracting, particularly if you find yourself in a crowd with no table in sight. If this is your particular poison, ask for a watered-down drink in a highball glass, not a squat rocks glass. You want to be sure your drink has staying power.

Wine

Wine is the popular go-to drink for networking functions. You'll avoid the bloated feeling that can come with beer, while radiating class and sophistication (sip, don't gulp, junior).

Water

Though many find a drink helps them relax and ease into a casual event, it's important to consider the various merits of water.

Water is not only free at most networking events, it will help you ensure you keep a level head and stay hydrated for the all hand-shaking and card-swapping.

Tip: If you're looking for something a little more lively, try club soda. It's fizzy and fun, and it lacks the sugar content of regular sodas.

You'll never know what small decisions can spark conversations, and which conversations could lead to great job opportunities. Something as small as a shared favourite drink could lead to big things. You can't read minds, but you can avoid some obvious drink don'ts.

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Uniquely Indian spices and sweet honey take apple cake to next level

A delicious blend of Indian spices plus apples and honey make this a great cake for snacking or dessert. It's perfect to enjoy with a glass of ice tea on any summer weekend or bring along to a family get-together.

1. Line a 2-litre (9-inch) square baking pan with foil, allowing 5-cm (2-inch) overhang on 2 sides of pan; grease foil.

2. In a bowl, whisk together flour, ground almonds, baking powder, baking soda, cardamom, cinnamon, nutmeg, cloves and salt.

3. In a large bowl, beat egg with brown sugar until thick and creamy. Combine milk, oil and honey; add to egg mixture. Stir in flour mixture. Fold in apples; spread in prepared pan. Bake in a 180 C (350 F) oven for 35 to 40 minutes or until cake tester comes out clean.

4. Honey Almond Glaze: In a small saucepan, bring honey, apple juice and cardamom to a boil; reduce heat and sim-

Apple Honey Cake with Honey Almond Glaze



This recipe serves nine. THE CANADIAN PRESS H/O

mer for about 5 minutes or until slightly thickened, stirring occasionally.

5. Place cake on wire rack and gently poke several holes

in cake with fork. Carefully pour warm glaze over cake. Sprinkle with toasted almonds. Let cool for about 10 minutes, then lift cake out of pan using foil "handles."

Serve warm or at room temperature.

FOODLAND ONTARIO/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 325 ml (1 1/3 cups) all-purpose flour
- 150 ml (2/3 cup) ground almonds
- 2 ml (1/2 tsp) each baking powder and baking soda
- 4 ml (3/4 tsp) ground cardamom
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) each ground cloves and salt
- 1 egg
- 125 ml (1/2 cup) packed brown sugar
- 50 ml (1/4 cup) each milk and vegetable oil
- 50 ml (1/4 cup) liquid honey
- 2 medium apples, peeled, cored and chopped

Honey Almond Glaze

- 125 ml (1/2 cup) liquid honey
- 30 ml (2 tbsp) apple juice or water
- 0.5 ml (1/8 tsp) ground cardamom
- 50 ml (1/4 cup) toasted sliced almonds

Drink of the Week

The Southside of Morocco Smoothie

- 3 strawberries
- 2 oz (30 ml) pomegranate juice
- 5 mint leaves
- 3/4 oz (20 ml) fresh lime juice
- 3/4 oz (20 ml) agave syrup (1:1 ratio with water)
- 1 slice fresh ginger
- 1 pinch cayenne pepper
- 1 - 2 tbsp (5 - 10 ml) almond butter

Add each ingredient to a blender or food processor and mix until well blended. Serve in a glass, with or without ice, and garnish with a mint sprig. For a slushy texture, blend ingredients with ice or substitute with frozen strawberries.

THE ASSOCIATED PRESS/ALMONDBOARD.COM



Honey-Glazed Chicken Chopsticks. This combination is perfect for the grill

1. Heat grill to medium-high. Soak 8 wooden chopsticks in water.

2. In a medium saucepan, heat 30 ml (2 tbsp) of the oil over high heat. Add onion and cook until soft, about 2 minutes. Add apple juice and thyme, bring to a boil and cook for 15 to 20 minutes, stirring occasionally, until sauce is thickened and reduced to about 125 ml (1/2 cup).

3. Strain mix into bowl and whisk in honey and soy sauce. Let cool to room temperature.

4. Brush chicken cubes on all sides with remaining canola oil and season with salt. Cut a slit into chicken pieces and insert chopsticks. Skewer all chicken onto 8 chopsticks. Grill until edges begin to brown and chicken is just cooked through, about 8 minutes. Begin brushing with glaze halfway through grilling. Remove to a platter, drizzle with remaining apple honey syrup and season to taste with salt.

THE CANADIAN PRESS/THE ONTARIO TABLE BY LYNN OGRYZLO

Ingredients

- 60 ml (4 tbsp) canola oil, divided
- 1 small red onion, coarsely chopped
- 1 l (4 cups) apple juice
- 4 sprigs fresh thyme
- 50 ml (1/4 cup) light liquid honey
- 15 ml (1 tbsp) soy sauce
- 4 boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- Salt, to taste



This recipe serves four. THE CANADIAN PRESS H/O

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NHL

Alfie not done in Ottawa just yet

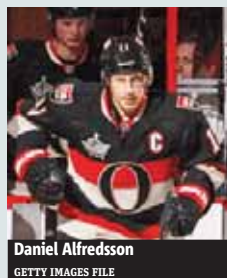
Ottawa Senators captain Daniel Alfredsson isn't ready to call it quits just yet.

The 39-year-old forward announced Tuesday he will return to play out the final year of his four-year contract with the NHL club.

Alfredsson said he needed to test himself in rigorous off-season training to see if his body could withstand another NHL campaign before deciding whether to return. The result was positive.

"I've had the motivation of playing from the beginning, but I had to go through the process," the right-winger said on a conference call from Sweden.

THE CANADIAN PRESS



Daniel Alfredsson
GETTY IMAGES FILE

CFL

Burris named offensive player of the week

Another week, another CFL offensive player of the week award for Henry Burris.

The Hamilton Tiger-Cats quarterback secured the honour for a second straight week after throwing four TD passes to rally his team to a 35-34 road win over the Saskatchewan Roughriders. Burris becomes the first player to win consecutive weekly awards since Winnipeg slot-back Milt Stegall in 2006.

THE CANADIAN PRESS



Donald Fehr, executive director of the NHL Players' Association, speaks to reporters about ongoing labour talks with the league outside the NHL headquarters in New York on Tuesday. KATHY WILLENS/THE ASSOCIATED PRESS

NHLPA not ready to make counter-offer

NHL. A decrease in hockey-related revenue, term limits on contracts and a 22 per cent salary rollback part of league's package

NHL players began examining the league's proposed expansion of revenue sharing in the latest round of labour talks on Tuesday.

NHL Players' Association executive director Don Fehr

said he can't make a counter-proposal on the league's full package, which included a decrease in hockey-related revenue, term limits on contracts and a 22 per cent salary rollback, until his group receives and examines requested team financial reports. The first batch — 76,000 pages — arrived late Monday night.

The meetings will continue Wednesday at the NHL offices in New York as the sides work to try to avoid another lock-out that would threaten the upcoming season. More talks are scheduled next week when

Fehr returns from a meeting with NHL players in Russia.

While both sides acknowledged negotiations are amicable and constructive, Fehr said players clearly are "not enamoured" with proposed limitations on contract lengths and a clause that would force them to wait longer before becoming unrestricted free agents.

Fehr wouldn't even say if he is encouraged by the revenue-sharing proposal.

"We haven't evaluated the changes from current revenue sharing to determine whether we think it's the appropriate

thing to do or if it misses the mark in some respect," Fehr said.

The current collective bargaining agreement ends on Sept. 15.

The NHL has had two seasons disrupted by labour disputes over the past two decades. In addition to the cancellation of the 2004-05 season, almost half of the 1994-95 season was wiped out by a labour dispute. Training camps are scheduled to start on Sept. 16. The regular season is slated to begin on Oct. 11.

THE ASSOCIATED PRESS

Lots of talk, but no 11th-hour deals for Jays

There were no last-minute deals by Alex Anthopoulos at baseball's non-waiver trade deadline.

The Toronto Blue Jays GM said he had plenty of discussions leading up to the 4 p.m. ET deadline Tuesday, but never was really close to finalizing a deal.

"We thought we were moving towards something late last night ... it carried over into the morning and ended up falling apart," Anthopoulos said during a conference call. "That's just the way trade talks go, you have 1,000 conversations to hopefully get one deal done."

"We had a lot of active dia-

Quoted

"I don't think anybody wants us to make a bad deal."

Jays GM Alex Anthopoulos, on not making a big deal at Tuesday's non-waiver deadline.

logue, we had a lot of things going on but I don't know if we were ever that close to getting anything done."

Toronto did make a move prior to the deadline, recalling outfielder Moises Sierra from Triple-A Las Vegas and optioning left-hander Evan Crawford and right-hander Joel Carreno to the Pacific Coast League

club.

Anthopoulos made two deals late Monday night, acquiring relievers Brad Lincoln and Steve Delabar. Toronto sent outfielder Travis Snider to Pittsburgh for right-hander Lincoln while outfielder Eric Thames, who was in Las Vegas, went to Seattle for Delabar, another right-hander.

Anthopoulos feels the two trades will not only help Toronto now but also in the future.

"We added two big-league players to our bullpen so I think we've improved our club," he said. "I don't think there's any doubt about that right now."

THE CANADIAN PRESS



Jays general manager Alex Anthopoulos at spring training in Dunedin, Fla., in March. DAVID COOPER/TORSTAR NEWS SERVICE

4 SPORTS

Mobile sports



Two finals, two golds.
And all anybody wants to know about Chinese teen swimming sensation Ye Shiwen is whether she's doping. Ye, 16, has never failed a drug test, and Olympic organizers spent much of the day defending her, saying the suspicions were "crazy" and motivated by jealousy. Scan the code for the story.

Canada lifts, dives and fights its way to 3 bronze on Day 4



Bronze medalist Christine Girard reacts during the women's 63 kg weightlifting final on Tuesday. ROB CARR/GETTY IMAGES

Canadian medal roundup. Canuck athletes have captured four bronze medals at London 2012 Olympics

It was a multi-medal day for Canada at the London Olympics.

Antoine Valois-Fortier won a bronze in men's judo less than 30 minutes after the diving team of Roseline Filion and Meaghan Benfeito captured a bronze in the 10-metre synchronized event.

About an hour later, weightlifter Christine Girard captured bronze in the women's 63-kilogram

Quoted

"We had to dive our hearts out. We were ready."

Roseline Filion and her diving partner Meaghan Benfeito, captured a bronze in 10-metre synchronized diving event.

class.

Canada now has four total medals after Tuesday's action, all bronze.

Valois-Fortier, a 22-year-old from Quebec City, defeated American Travis Stevens 1-0 in the bronze medal bout of the men's 81-kilogram judo event.

"It feels amazing. I've sacrificed so much and all of the fights today were very hard," Valois-Fortier said. "It was tough mentally but the whole team supported me and I managed to pull myself together. I wanted it really bad, it's what I work for every day."

Filion, from Laval, Que., and Benfeito, from Montreal, finished with a combined score of 337.62 for their diving bronze.

"We said there was nothing more we could have done," Filion said.

China continued to dominate the competition, with Chen Ruolin and Wang Hao winning the gold.

"They can make mistakes," added Benfeito. "We try to say we can win the gold. But they're amazing

divers."

Paola Espinosa Sanchez and Alejandra Orozco Loza of Mexico took the silver.

Girard, who grew up in Rouyn-Noranda, Que., and lives in White Rock, B.C., completed the hat trick an hour later to become the first Canadian woman to ever win a weightlifting medal at a Games.

She finished third with a total weight of 236 kilograms.

"It is very hard to describe how I feel," Girard said. "Four years ago in Beijing I came fourth and since then I have spent the past four years training through injuries and various changes in my life to get to this moment."

Maiya Maneza of Kazakhstan won gold, while Svetlana Tsarukaeva of Russia captured silver.

The medals come two days after Emilie Heymans and Jennifer Abel gave Canada its first of the Games with a third-place finish in the women's three-metre synchro.

THE CANADIAN PRESS



Bronze medalists Roseline Filion, left, and Meaghan Benfeito dive Tuesday in the women's synchronized 10-metre platform final at the Aquatics Centre in Olympic Park. JAE C. HONG/THE ASSOCIATED PRESS



Antoine Valois-Fortier, right, reacts after defeating Travis Stevens of the United States in the men's 81-kilogram judo event Tuesday. QUINN ROONEY/GETTY IMAGES

Games in pictures



1 Foil. Lei takes fencing gold

China's Lei Sheng won the men's individual foil gold medal on Tuesday, while Egypt's Alaaeldin Abouelkassem took silver, the first Olympic medal ever claimed by a fencer from Africa.

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2 Sculls. Canuck paddlers bow out

Lightweight Canadian double sculls team Doug Vander of Dewittville, Que., and Morgan Jarvis of Clearwater Bay, Ont., finished fourth in repechage and didn't advance to the semi-finals. THE CANADIAN PRESS

3 Basketball. U.S. cruise to another victory

Carmelo Anthony and Kevin Love scored 16 points apiece and Kevin Durant added 13 as the U.S. men's basketball team beat Tunisia 110-63.

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Phelps swims into record book

Swimming. U.S. star becomes most-decorated Olympian, winning 19th medal

Swimmer Michael Phelps became the most successful Olympian in history Tuesday with a gold and a silver medal that propelled him to a place in the sporting record books and the U.S. to 4x200 freestyle victory.

Phelps shattered the record for most Olympic medals ever with a frustrating defeat in the 200-metre butterfly that left him with silver, followed by a relay gold.

Phelps lost the 200-metre butterfly to South African Chad le Clos, when, after leading all



Michael Phelps. GETTY IMAGES

the way, he tried to glide to the wall after his final stroke, opening the way for le Clos to touch the wall first instead. Japan's Takeshi Matsuda took the bronze.

It was an astounding mistake considering he won a memorable race in Beijing when a rival made the very

same error. He held his head in his hands as he stood in the pool and appeared upset with himself.

But in his second race of the night, the United States team of Ryan Lochte, Conor Dwyer, Ricky Berens and Phelps on the anchor leg won in six minutes, 59.70 seconds. France took the silver in 7:02.77, while China was third in 7:06.30. It was Phelps' first gold of these Olympics.

With 19 career medals spanning three Olympics, Phelps broke the record of Soviet gymnast Larisa Latynina, who won 18 medals in 1956, 1960 and 1964.

"You are now a complete legend," the public address announcer bellowed, accompanied by the Foo Fighters' song Best of You. **THE ASSOCIATED PRESS**



Canada through on Tancredi's two

Canada forward Melissa Tancredi jumps into the arms of Christine Sinclair to celebrate her second goal in Newcastle on Monday. Tancredi scored her third and fourth goals of the tournament as the seventh-ranked Canadians rebounded from a 2-0 deficit to tie the Swedes 2-2 and book their spot in the next round. Canada will play Britain in the quarter-finals. **FRANK GUNN/THE CANADIAN PRESS**

Wednesday's 3 to watch

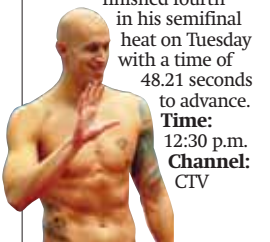


Men's cycling time trial

After having to do without team support in the Olympic road race, Canadian cyclist Ryder Hesjedal gets a more even playing field in Wednesday's individual time trial. **Time:** 7:15 a.m. **Channel:** Sportsnet

Men's 100-m final

Brent Hayden will try to reverse Canada's fortunes in the pool when he competes in the men's 100-metre freestyle final. The Mission, B.C., native finished fourth in his semifinal heat on Tuesday with a time of 48.21 seconds to advance. **Time:** 12:30 p.m. **Channel:** CIV



Men's diving

Three-metre synchronized diving, featuring three-time world champion and two-time Olympic medal-winning Canadian Alexandre Despatie and his partner Reuben Ross. **Time:** 8 a.m. **Channel:** CIV **THE CANADIAN PRESS**

Day 4 results

MEDAL STANDINGS

53 of 302 total medal events

Nation	G	S	B	Tot
China	13	6	4	23
United States	9	8	6	23
France	4	3	4	11
South Korea	3	2	3	8
North Korea	3	0	1	4
Kazakhstan	3	0	0	3
Italy	2	4	2	8
Germany	2	3	1	6
Russia	2	2	4	8
South Africa	2	0	0	2
Japan	1	4	8	13
Australia	1	2	2	5
Romania	1	2	2	5
Brazil	1	1	1	3
Hungary	1	1	1	3
Netherlands	1	1	0	2
Ukraine	1	0	2	3
Georgia	1	0	0	1
Lithuania	1	0	0	1
Slovenia	1	0	0	1
Britain	0	2	2	4
Colombia	0	2	0	2
Mexico	0	2	0	2
Indonesia	0	1	1	2
Cuba	0	1	0	1
Denmark	0	1	0	1
Egypt	0	1	0	1
Poland	0	1	0	1
Sweden	0	1	0	1
Taiwan	0	1	0	1
Also				
Canada	0	0	4	4

WHAT CANADA DID

Tuesday at the 2012 London Olympics

BADMINTON

Women's doubles — Alex Bruce, Toronto, and Michele Li, Toronto, lost 21-8, 21-10, to Valeria Sorokina and Nina Vislova, of Russia, in Group A action.

Mixed doubles — Toby Ng, Vancouver, and Grace Gao, Calgary, lost 21-13, 21-16, Robert Mateusiak and Nadzeya Zieba, of Poland in Group B action.

JUDO

Men's 81-kg — Antoine Valois-Fortier, Quebec City, defeated Euan Burton, of Britain, in Ippon, Kata-guruma, in 1:45, in the round of 32. He defeated Srdjan Mrvaljevic, of Montenegro, in Waza-Ari, Tai-otoshi, in 5:00 in the round of 16. Valois-Fortier lost to Ivan Nifontov, of Russia, in Waza-Ari, Hara-goshi, in 5:00 in the quarter-finals. Valois-Fortier defeated Travis Stevens, of the U.S., for the bronze medal in Yuko, Te-Guruma of Repechage, in 5:00.

SWIMMING

Men's 4x200 freestyle relay — Canada finished seventh in its qualifying heat in 7:15.22 and failed to advance (Blake Worsley, Vancouver, 25.55; Colin Russell, Toronto, 21.3.01; Tobias Orivoli, Toronto, 4:01.79 and Alec Page, Victoria, 5:51.78).

Men's 100 freestyle — Brent Hayden, Mission, B.C. finished third in his qualifying heat in 48.53 and advanced. He finished fourth in his semifinal heat in 48.21 and advanced. Hayden finished sixth in his final heat in 48.21 and advanced to the 100m freestyle final.

Men's 200 breaststroke — Scott Dickens, Burlington, Ont., finished first in his qualifying heat in 2:10.95 and advanced. He finished eighth in his semifinal heat in 2:11.71 and failed to advance.

Women's 200 butterfly — Audrey Lacroix, Pont-Rouge, Que., finished sixth in her qualifying heat in 2:09.25 and advanced. Katherine Savard, Cap-Rouge, Que., finished seventh in her qualifying heat in 2:11.05 and failed to advance. Lacroix finished seventh in her semifinal heat in 2:08.00 and failed to advance.

ROWING

Men's double sculls — Michael Braithwaite, Duncan, B.C., and Kevin Kowalyk, Winnipeg, finished sixth in their semifinal heat in 6:38.94 and advanced to the final.

Men's lightweight double sculls — Douglas Vandro, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished fourth in their repechage qualifying heat in 6:36.03 and advanced to the next heat.

Women's lightweight double sculls — Lindsay Jennerich, Victoria, and Patricia Obee, Victoria, finished second in their repechage qualifying heat in 7:15.37 and advanced to the next heat.

SAILING

Men's finn — Greg Douglas, Toronto, is in 15th place after the sixth race (75).

Men's star — Richard Clarke, Salt Spring Island, B.C., and Tyler Bjorn, Beaconsfield, Que., are in 13th place after the sixth race (50).

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 11th place after the fourth race (41).

Men's laser — David Wright, Toronto, is in 18th place after the fourth race (73).

Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the second race (20).

Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 25th place after the fourth race (96).

TENNIS

Men's singles — Milos Raonic, Thornhill, Ont., lost to Jo-Wilfried Tsonga, of France, in the second round, 6-3, 3-6, 25-23.

Men's doubles — Daniel Nestor, Toronto, and Vasek Pospisil, Vancouver, lost to Janko Tipsarevic and Nenad Zimonjic, of Serbia, in the second round, 6-4, 6-7 (5), 11-9.

Women's singles — Aleksandra Wozniak, Blainville, Que., lost to Venus Williams, of the U.S., 6-1, 6-3.

FENCING

Men's individual foil — Etienne Lalonde Turbide, Verdun, Que., lost to Alexander Maslals, of the U.S., 15-6, in the round of 32.

DIVING

Women's synchronized 10-m platform — Meaghan Benfeito, Montreal, and Roseline Filion, Laval, Que., won the bronze medal with a score of 237.62.

WEIGHTLIFTING

Women's 63-kg — Christine Girard, White Rock, B.C., won the bronze medal with a top weight of 236 kilograms.

GYMNASTICS

Women's team final — Elisabeth Black, Halifax; Victoria Moors, Cambridge, Ont.; Dominique Pegg, Sarnia, Ont.; Brittany Rogers, Coquitlam, B.C. and Kristina Vaculik, Whitby, Ont., finished fifth with a score of 170.804.

SOCCER

WOMEN

FIRST ROUND GROUP E

	GP	W	D	L	GF	GA	Pts
Britain	3	2	0	0	5	0	9
Brazil	3	2	0	1	6	1	6
New Zealand	3	1	0	2	3	3	3
Cameroon	3	0	2	1	11	0	0

Tuesday, July 31

At Wembley, England

Britain 1, Brazil 0

At Coventry, England

New Zealand 3, Cameroon 1

GROUP F

	GP	W	D	L	GF	GA	Pts
Sweden	3	1	2	0	6	3	5
Japan	3	1	2	0	2	1	5
Canada	3	1	1	1	6	4	4
South Africa	3	0	1	2	1	7	1

Tuesday, July 31

At Cardiff, Wales

South Africa 0, Japan 0

At Newcastle, England

Sweden 2, Canada 2

GROUP G

	GP	W	D	L	GF	GA	Pts
United States	3	3	0	0	8	2	9
France	3	2	0	1	8	4	6
North Korea	3	1	0	2	2	6	3
Colombia	3	0	3	0	0	6	0

Tuesday, July 31

At Manchester, England

United States 1, North Korea 0

At Newcastle, England

France 1, Colombia 0

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	60	43	.583	—
Baltimore	55	49	.529	5½
Tampa Bay	53	50	.515	7
Boston	53	51	.510	7½
Toronto	51	51	.500	8½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	56	47	.544	—
Detroit	54	50	.519	2½
Cleveland	50	53	.485	6
Minnesota	44	59	.427	12
Kansas City	42	60	.412	13½

WEST DIVISION

	W	L	Pct	GB
Texas	59	43	.578	—
Oakland	56	46	.549	3
Los Angeles	57	47	.548	3
Seattle	48	57	.457	12½

Tuesday's results

Baltimore 11 N.Y. Yankees 5
L.A. Angels 6 Texas 2
Chicago White Sox 4 Minnesota 3
Kansas City 8 Cleveland 3
Boston 4 Detroit 1 (6 inn.)
Tampa Bay at Oakland
Toronto at Seattle

Monday's results

Seattle 4 Toronto 1
Baltimore 5 N.Y. Yankees 4
Minnesota 7 Chicago White Sox 6
L.A. Angels 15 Texas 8
Oakland 4 Tampa Bay 3 (15 inn.)
Boston 7 Detroit 3

Wednesday's games

All times Eastern

Baltimore (Britton 1-0) at N.Y. Yankees
(P.Hughes 10-8), 1:05 p.m.
Chicago White Sox (Peavy 8-7) at Minnesota
(Diamond 9-4), 1:10 p.m.
Tampa Bay (Cobb 4-8) at Oakland (J.Parker 7-4), 3:35 p.m.
Detroit (Porcello 7-6) at Boston (A.Cook 2-4), 7:10 p.m.
L.A. Angels (Haren 8-8) at Texas (Darvish 11-7), 8:05 p.m.
Cleveland (McAllister 4-2) at Kansas City (Mendoza 4-7), 8:10 p.m.
Toronto (Villanueva 6-0) at Seattle (Beavan 6-6), 10:10 p.m.

Thursday's games

Minnesota at Boston, 7:10 p.m.
L.A. Angels at Texas, 8:05 p.m.
Cleveland at Kansas City, 8:10 p.m.
Toronto at Oakland, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Pct.
Trout LAA	80	325	78	114	.351
Konerko CWS	94	349	47	115	.330
Mauer Min	94	349	58	114	.327
McBarrera Det	103	408	67	132	.324
AJackson Det	81	318	63	101	.318
Ortiz Bos	89	320	65	101	.318
Beltre Tex	97	379	57	119	.314
Rios CWS	100	383	61	119	.311
Cano NYY	102	401	65	124	.309
Jeter NYY	100	425	58	131	.308

Runs—Trout, LA, 78; Granderson, NY, 70; Kinsler, Tex, 70; McBarrera, Det, 67; AdJones, Bal, 67; Encarnacion, Tor, 66; De Aza, Chi, 66; RBI—McBarrera, Det, 84; Hamilton, Tex, 84; Willingham, Min, 79; ADunn, Chi, 73; Encarnacion, Tor, 72; Home Runs—ADunn, Chi, 31; Hamilton, Tex, 29; Encarnacion, Toronto, 28; Granderson, NY, 28; Bautista, Toronto, 27; Willingham, Min, 27. Tuesday's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	61	41	.598	—
Atlanta	59	44	.573	2½
New York	50	53	.485	11½
Miami	47	56	.456	14½
Philadelphia	46	57	.447	15½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	62	41	.602	—
Pittsburgh	59	44	.573	3
St. Louis	55	48	.534	7
Milwaukee	47	56	.456	15
Chicago	43	59	.422	18½
Houston	35	70	.333	28

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	47	.539	—
Los Angeles	56	48	.538	—
Arizona	52	51	.505	3½
San Diego	44	61	.419	12½
Colorado	37	64	.366	17½

Tuesday's results

Philadelphia 8 Washington 0
Cincinnati 7 San Diego 6
St. Louis 11 Colorado 6
Atlanta 7 Miami 1
Pittsburgh 5 Chicago Cubs 0
Milwaukee 10 Houston 1
Arizona at L.A. Dodgers
N.Y. Mets at San Francisco

Monday's results

Arizona 7 L.A. Dodgers 2
San Diego 11 Cincinnati 5
Atlanta 8 Miami 2
Chicago Cubs 14 Pittsburgh 4
Milwaukee 8 Houston 7
N.Y. Mets 8 San Francisco 7 (10 inn.)

Wednesday's games

All times Eastern

Houston (Lyles 2-7) at Milwaukee (Fiers 4-4), 2:10 p.m.
Pittsburgh (Karstens 3-2) at Chicago Cubs (T.Wood 4-6), 2:20 p.m.
Arizona (Collmenter 3-2) at L.A. Dodgers (Fife 0-1), 3:10 p.m.
Philadelphia (Worley 5-6) at Washington (E.Jackson 6-6), 7:05 p.m.
Miami (LeBlanc 1-1) at Atlanta (Sheets 3-0), 7:10 p.m.
San Diego (K.Wells 2-3) at Cincinnati (Arroyo 6-6), 7:10 p.m.
St. Louis (Westbrook 9-8) at Colorado (D.Pomeranz 2-1), 8:40 p.m.
N.Y. Mets (Niese 7-5) at San Francisco (M.Cain 10-3), 10:15 p.m.

Thursday's games

San Diego at Cincinnati, 12:35 p.m.
N.Y. Mets at San Francisco, 3:45 p.m.
Philadelphia at Washington, 7:05 p.m.
Miami at Atlanta, 7:10 p.m.
St. Louis at Colorado, 8:40 p.m.

NL LEADERS

	G	AB	R	H	Pct.
McCutchen Pit	98	367	68	135	.368
McBarrera SF	98	400	68	141	.353
Votto Cin	86	298	52	102	.342
Ruiz Phi	93	304	46	104	.342
DWright NYM	99	370	65	122	.330
Gonzalez Col	92	372	68	122	.328
Holliday StL	92	375	65	120	.319
Freese StL	92	335	49	106	.316
Possey SF	92	332	41	105	.316
Braun Mil	95	366	67	113	.309

Runs—Bourn, Atl, 69; McBarrera, SF, 68; Gonzalez, Col, 68; McCutchen, Pit, 68; RBI—Beltman, StL, 73; Kubel, Arz, 72; DWright, NY, 71; Braun, Mil, 70; Gonzalez, Col, 70. Tuesday's games not included

LATE MONDAY

MARINERS 4, BLUE JAYS 1

Toronto

	AB	R	H	BI	BB	SO	Avg.
R.Davis dh	4	1	1	1	0	3	.258
Rasmus cf	4	0	0	0	0	1	.243
Lawrie 3b	4	0	0	0	0	4	.285
Encarnacion 1b	4	0	0	0	0	1	.295
Snider if	2	0	1	0	1	1	.250
Y.Gomes lf	1	0	0	0	0	1	.208
Y.Escobar ss	3	0	1	0	1	2	.256
K.Johnson 2b	3	0	1	0	1	1	.239
Mathis c	3	0	0	0	0	0	.245
a-Cooper ph	1	0	0	0	0	0	.288
Gose rf	2	0	0	0	1	1	.179
Totals	31	1	4	1	4	14	

Seattle

	AB	R	H	BI	BB	SO	Avg.
Ackley 2b	4	1	1	0	2	2	.225
M.Saunders cf	4	1	2	1	0	1	.260
J.Montero c	3	0	1	0	1	1	.263
Jaso dh	3	0	0	1	1	1	.281
Seager 3b	4	0	2	1	0	0	.247
C.Wells lf	3	0	0	0	1	0	.249
Carp 1b	3	1	1	0	1	1	.206
Peguero rf	3	0	0	0	0	3	.146
Ryan ss	3	1	1	0	0	0	.197
Totals	30	4	8	2	4	9	

Toronto

	100	000	000	—1	4	1
Seattle	210	010	00x	—4	8	1

a-grounded out for Mathis in the 9th.
E—Lawrie (13), Iwakuma (1), LOB—Toronto 7, Seattle 6. 2B—K-Johnson (12), Ackley (16), M.Saunders (24), Ryan (14). HR—R.Davis (6), off Iwakuma. RBIs—R.Davis (26), M.Saunders (35), Seager (63), SB—Jaso (2), Ryan (8), CS—Gose (1), Seager (4).

Toronto

	IP	H	R	ER	BB	SO	NP	ERA
R.Romero L, 8-8	6	8	4	3	2	7	1102	5.69
Loop	1	0	0	0	0	2	12	2.79
A.Carpenter	1	0	0	0	2	0	19	5.63

Seattle

	IP	H	R	ER	BB	SO	NP	ERA
Iwakuma W, 2-2	8	4	1	1	3	13	1109	4.10
Kinney H, 2	½	0	0	0	1	2	12	2.35
Luetge S, 1-1	½	0	0	0	0	0	3	1.86

T—2:45. A—22,443 (47,860).

BLUE JAYS STATISTICS

BATTERS

	AB	R	H	HR	RBI	AVG
Encarnacion	359	66	106	28	72	.295
Cooper	66	8	19	2	6	.288
Lawrie	383	59	109	9	38	.285
Davis	225	39	56	7	26	.258
Escobar	275	49	75	7	25	.256
Mathis	98	16	24	5	13	.245
Bautista	328	63	80	27	65	.244
Rasmus	262	54	69	18	64	.243
Arenchibia	281	36	68	10	50	.242
Johnson	347	46	83	11	39	.239
Lind	198	17	45	8	27	.227
Vizquel	92	10	20	0	3	.217
Gomes	57	7	11	3	10	.208
Gose	28	2	5	0	1	.179

PITCHERS

	W	L	SV	IP	SO	ERA
Mathis	0	0	0	2.0	0	9.00
Lyon	1	0	0	3.0	6	0.00
Oliver	2	2	1	38.2	39	1.40
Janssen	1	1	1	13.9	42	1.27
Loup	0	1	0	9.2	6	2.79
Villanueva	6	0	0	61.6	65	2.92
Morrow	7	4	0	77.2	67	3.01
Laffey	2	1	0	44.2	36	3.22
Peraz	2	2	0	42.9	39	3.43
Ferez	1	1	0	36.0	45	3.40
Alvarez	7	7	0	102.6	48	4.43
Hutchinson	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Happ	0	0	0	5.0	3	5.40
Cecil	2	4	0	45.1	41	5.56
Carpenter	0	0	0	8.0	8	5.63
Romero	8	8	0	102.9	92	5.69
Carreno	0	2	0	17.0	10	6.35
Crawford	0	0	0	8.0	5	6.75
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	11.27

Tuesday's game not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	5	3	2	0	162	167	6
Toronto	5	3	2	0	129	133	6
Montreal	5	2	3	0	128	162	4
Winnipeg	5	1	4	0	101	163	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	5	3	2	0	155	113	6
B.C.	5	3	2	0	140	110	6
Edmonton	5	3	2	0	101	79	6
Calgary	5	2	3	0	155	154	4

WEEK SIX

Byes: Calgary, Edmonton, Hamilton, Sask.
Friday's game

All times Eastern

Montreal at Winnipeg, 8:30 p.m.
Monday, Aug. 6
B.C. at Toronto, 5 p.m.

WEEK SEVEN

Byes: B.C., Montreal, Toronto, Winnipeg
Thursday, Aug. 9
Calgary at Hamilton, 7 p.m.
Friday, Aug. 10
Saskatchewan at Edmonton, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Milo, Sask	0	16	11	6	55
McCallum, BC	0	14	13	1	54
Paredes, Cal	0	14	11	0	47
Whyte, Mtl	0	12	10	1	43
Palardy, Wpg	0	6	12	0	42
Shaw, Edm	0	8	10	1	39
x-Lewis, Cal	6	2	0	0	38
Congli, Ham	0	19	6	1	38
Prefontaine, Tor	0	5	10	2	37
Sheets, Sask	6	0	0	0	36
C.Williams, Ham	6	0	0	0	36
Walker, Ham	6	0	0	0	36
Boyd, Tor	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Matthews, Wpg	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
Charles, Edm	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Lavoie, Mtl	3	0	0	0	18
Owens, Tor	3	0	0	0	18
Waters, Tor	0	3	4	1	16
x-Fantuz, Ham	2	2	0	0	14
Bratton, Mtl	2	0	0	0	12
Brink, Wpg	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Gore, BC	2	0	0	0	12
Grant, Ham	2	0	0	0	12
Koch, Edm	2	0	0	0	12
Iannuzzi, BC	2	0	0	0	12
Imman, Tor	2	0	0	0	12
O.Jones, Ham	2	0	0	0	12
London, Mtl	2	0	0	0	12
Lulay, BC	2	0	0	0	12
Mitchell, Cal	2	0	0	0	12
Stephenson, Ham	2	0	0	0	12
Taylor, Cal	2	0	0	0	12
Alix, Tor	0	0	1	2	1
Barnes, Tor	1	0	0	0	6
Bekasiak, Mtl	1	0	0	0	6
T.Brown, BC	1	0	0	0	6
Bruce, BC	1	0	0	0	6
Burnett, Edm	1	0	0	0	6
Chambers, Edm	0	0	0	0	6
Cote, Cal	1	0	0	0	6
T.Edwards, Wpg	1	0	0	0	6
Green, Mtl	1	0	0	0	6
Foster, BC	1	0	0	0	6
Fraser, Cal	1	0	0	0	6
Hill, Edm	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
T.Jackson, Tor	1	0	0	0	6
T.Jackson, Sask	1	0	0	0	6
K.Johnson, BC	1	0	0	0	6
Kent, Edm	1	0	0	0	6

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX — Traded RHP Matt Albers and OF Scott Podsednik to Arizona for LHP Craig Breslow. Traded 1B/OF Lars Anderson to Cleveland for RHP Steven Wright.
KANSAS CITY ROYALS — Traded RHP Jonathan Broxton to Cincinnati for LHP Donnie Joseph and RHP J.C. Subaran.
NEW YORK YANKEES — Traded RHP Chad Qualls to Pittsburgh for INF Casey McGehee and cash considerations.
TEXAS RANGERS — Designated C Yorvit Torrealba for assignment.
TORONTO BLUE JAYS — Recalled OF Moises Sierra from Las Vegas (PCL). Optioned LHP Evan Crawford & RHP Joel Carreno to Las Vegas.

NATIONAL LEAGUE

CHICAGO CUBS — Traded C Geovany Soto and cash to Texas for RHP Jake Brigham and a player to be named or cash. Traded RHP Ryan Dempster to Texas for INF Christian Villanueva and RHP Kyle Hendricks.
CINCINNATI REDS — Recalled RHP Todd Redmond from Louisville (IL). Placed LHP Bill Bray on the 15-day DL. Designated RHP Andrew Brackman for assignment.
COLORADO ROCKIES — Reinstated INF Jonathan Herrera from 15-day DL. Optioned INF Tommy Field to Colorado Springs (PCL).
LOS ANGELES DODGERS — Designated LHP Michael Antonini for assignment.
MIAMI MARLINS — Traded RHP Edward Mujica to St. Louis for INF Zack Cox. Traded INF Gabby Sanchez and RHP Kyle Kaminski to Pittsburgh OF Gorkys Hernandez and a 2013 competitive balance lottery draft pick.
MILWAUKEE BREWERS — Assigned 2B Edwin Maysonet to Nashville (PCL) and OF Brock Kjelgaard to Brevard County (FSL) outright.
PHILADELPHIA PHILLIES — Traded OF Shane Victorino to L.A. Dodgers for RHP Josh Lindholm, RHP Ethan Martin & player to be named or cash considerations. Traded OF Hunter Pence & cash considerations to San Fran. for OF Nate Schierholz, C Tommy Joseph & RHP Seth Rosin.
PITTSBURGH PIRATES — Recalled RHP Daniel McCutchen from Indianapolis (IL). Designated OF Drew Sutton for assignment.
SAN DIEGO PADRES — Placed C Yasmani Grandal on 15-day DL. Selected the contract of C Eddy Rodriguez from Lake Elsinore (Cal).
Transferred RHP Anthony Bass to 60-day DL.
WASHINGTON NATIONALS — Reinstated OF Chad Tracy for the 15-day DL. Optioned OF Corey Brown to Syracuse (IL).

BASKETBALL

NBA

BOSTON CELTICS — Signed C Jason Collins, G Jamar Smith & G Dionte Christmas. Re-signed G Keyon Dooling.
CHICAGO BULLS — Signed G Nate Robinson.
GOLDEN STATE WARRIORS — Re-signed F Brandon Rush to a two-year contract.
PHILADELPHIA 76ERS — Signed G Maalik Wayns.

FOOTBALL

NFL

LEAGUE OFFICE — Suspended N.Y. Giants S Tyler Sash four games for violation of the league's performance enhancing drug policy.
CINCINNATI BENGALS — Signed coach Marvin Lewis to a two-year contract extension through the 2014 season.

JACKSONVILLE JAGUARS — Waived CB T.J. Heath.
KANSAS CITY CHIEFS — Signed OT Ray Willis. Waived FB Taylor Gentry.
N.Y. JETS — Announced T Jeff Otah failed his physical and will be returned to Carolina.
PITTSBURGH STEELERS — Signed WR Paul Cox to a one-year contract.
SAN FRANCISCO 49ERS — Activated G Joe Looney from active/non-football injury list.
SEATTLE SEAHAWKS — Signed WR Braylon Edwards to a one-year contract.
TENNESSEE TITANS — Agreed to terms with WR Kendall Wright on a four-year contract.
WASHINGTON REDSKINS — Signed OL Jordan Black. Waived LB Jonathan Goff.

CFL

WINNIPEG BLUE BOMBERS — Released LB Dustin Doe.

HOCKEY

NHL

BUFFALO SABRES — Agreed to terms with RW Patrick Kaleta.
DETROIT RED WINGS — Signed F Martin Frk to a three-year, entry-level contract.

AHL

PEORIA RIVERMEN — Named Scott Allen assistant coach.

SOCCER

MLS

This is not your regular Jeep



ALL PHOTOS WHEELBASE



A blacked-out lower panel houses a pair of four-inch-diameter exhaust tips.

Fuel Saver Technology

To ease the SRT8's 91-octane habit, the 6.4 comes with Fuel Saver Technology that powers down half of the eight cylinders when operating under light or no-load conditions. It doesn't help too much in city driving where consumption is rated at 17.1 l/100 km, but that number drops to 11.4 on the highway.

Base content

All SRT8s arrive contented to a reasonably complete degree, with climate control, heated and cooled leather seats for both rows, heated steering wheel and 20-inch wheels fitted with foot-wide Pirelli all-season performance tires.

Engine

Hauling anything with the SRT8 should be a breeze, owing to its 6.4-litre Hemi V8 generating 470 horsepower and 465 pound-feet of torque. That's up 50 horses and 45 pound-feet from the previous 6.1-litre SRT8. Jeep says that the 6.4 can propel the 2,340-kilogram Grand Cherokee to 60 m.p.h. (96 km/h) from rest in 4.8 seconds.

2012 Jeep GC SRT8

- **Type.** Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 6.4-litre OHV V8 (470).
- **Mileage:** L/100 km (city/hwy) 17.1/11.4.
- **Base Price (incl. destination):** \$59,000.

Review. Trust Jeep to build yet another vehicle no one else can

MALCOLM
GUNN

Wheelbase Media

Acceleration, cornering force on asphalt and stopping distance generally have nothing to do — at all — with the Jeep brand. In fact, the Grand Cherokee SRT8 is about as un-Jeep-y as it gets.

But here it is, a combination that's unique among North American-based sport utility vehicles and a rare achievement for any such model from anywhere at just about any price.

Knobby tires, big ground clearance and exposed door hinges? Nope, but the SRT8 is a Jeep that you just have to love.

The initials refer to Chrysler's Street and Racing Technology division and the Grand Cherokee is one of four such designated models with

the others being the Chrysler 300 and Dodge Charger sedans plus the Dodge Challenger SRT8 392. Later this year, the Viper coupe returns as the first SRT-nameplated model (the Dodge handle has been dropped).

You're forgiven if you assumed the ride was over for the Grand Cherokee SRT8 when it passed into history following the 2010 model year.

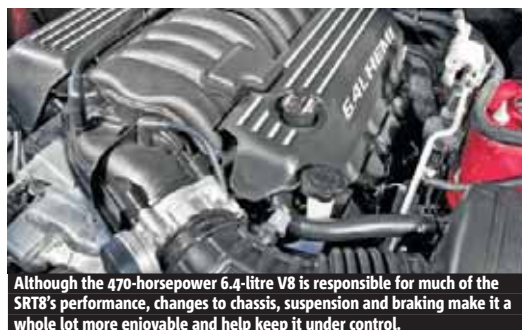
With its big-power V8 and taut suspension, the Jeep delivered Cheetah-like launches along with snappy passing prowess, regardless of weather or road conditions. However, at a cost of thousands more than a more-off-road-capable base Laredo V6 or Limited V8, that could have easily sealed the SRT8's fate.

Well, apparently there remains enough potential buyers with outrageous transportation leanings to prod Jeep into bringing the SRT8 back on line.

Only this time there's more passenger space, luxury features and power, all wrapped up in a sinfully slick wrapper.



The SRT8 falls into the usual trap of adding silver trim — lots of it — which makes the otherwise classy interior seem a bit derivative.



Although the 470-horsepower 6.4-litre V8 is responsible for much of the SRT8's performance, changes to chassis, suspension and braking make it a whole lot more enjoyable and help keep it under control.

By comparison



1 Mercedes-Benz ML AMG
Base price: \$100,000



2 BMW X5 M
Base price: \$100,500



3 Porsche Cayenne S
Base price: \$75,500

On the Web



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Evolving the road trip, through social media

Autopilot



AUTO PILOT
Mike Goetz
drive@metronews.ca

I don't know about you, but sometimes I feel like the world is going to hell in an Internet-connected hand basket.

Primarily those are the times when I would look around our home and see every member of our family dispersed and tethered to various and different screens. Four separate islands of Facebook, Call of Duty, YouTube, and Sportsnet.

So I was thrilled to get wind of Greg Moutenay and his most excellent road trip adventure.

Greg took an old, glorious form of non-digital social interaction, and one close to my heart, the automobile road trip, and gave it a really cool, new life — by actually leveraging our now-digitized social life.

He decided to drive across the country and connect

with as many of his Facebook friends as possible. What a cool idea!

"A lot of people are concerned that social media is going to take over, be the new frontier of conversation," says Greg, over his cell phone connected to a hands-free Bluetooth device, on the road somewhere between Sault Ste. Marie and Sudbury, Ont.

"But it means more to me, that I have stayed connected to my friends."

He makes a great point; the continued connection has allowed him to be welcomed with open arms from one end of the country to another, and created the circumstances, as he says, "to put another layer on the friendship."

But how did he come up with the idea?

"It was in that lull after graduation, when you realize you have two degrees and are unemployable ... I was hanging out with one of my friends, saying wouldn't it be great to just walk into a Canadian Tire, grab everything you need for a Canada-wide road trip — GPS, sleeping bag, tent — and head on my way."

Turns out, this friend has a friend at Canadian Tire. Long



After starting from Canadian Tire in Peterborough, Ont., and making it all the way to the West Coast, Greg Moutenay is now moving through Ontario again, en route to his final destination in Halifax. CONTRIBUTED

story short, Greg more or less got this cool, "summer job" at Canadian Tire, driving across

the country in his 2003 Suzuki Grand Vitara, connecting face-to-face with friends and

family, blogging about his experiences, and trying out various Canadian Tire road trip

products, like the Jawbone Bluetooth, Magellan GPS, and Coleman Instant Tent.

All along he wanted to tie the trip to Facebook, to visit as many Facebook friends as possible along the way. But it took on an even greater Facebook spin when he started posting his possible itinerary.

"Once friends knew I was going across the country, they said, 'Well you have to stop and see me.'"

The other neat aspect of chronicling the journey over the web, is that friends can track his progress as he makes his way toward them. The "build up" creates even more excitement. He recalls his friend, Jen Feele, getting more excited by the day, as he made his slow way to her home base in Squamish, B.C.

"I get status updates from friends," says Greg.

"I know what's going on in their lives. But I haven't actually seen some of them for years. It was so amazing to be able to connect ... to see what their lives are like and what the country is like, from their perspective."

Check out his blogs at greg.moutenay.wordpress.com. Use any internet-connected device at your disposal.

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A recent survey found that men are more likely to drive when they're tired than women. INSURANCEHUNTER.CA

Take a break: A tired driver can be deadly

Driving Force.

Choose water over caffeine to fight fatigue, says expert

JIL MCINTOSH
drive@metronews.ca

Driving is a complex task that requires a great deal of concentration, but we don't always give it our full attention. Sometimes, it's just because we're too tired.

"Any time that you are not focused on driving, you are a danger on the road," says Gail Robertson, road safety ambassador with InsuranceHunter.ca. "Driving when you're tired is a problem."

According to a recent survey of drivers in Ontario, men are more likely to drive when they're tired than women. The survey questioned parents with children under the age of 12 who take family road trips. It found that 30 per cent of the men surveyed have nodded off behind the wheel; 64 per cent continued driving on a road trip when they were tired; 24 per cent admitted they weren't paying close attention because

Sleepy = drunk?

- **Reaction.** Driving while sleepy can be just as dangerous as driving drunk: in both cases, the driver's reaction time is reduced.
- **Age.** Young parents seem to be more willing to drive when tired than older ones, especially if they feel their children aren't in need of a break.
- **Common.** Almost all drivers admit that they have driven when they were too tired to drive safely.

of fatigue; and 10 per cent almost got into a collision. As well, 34 per cent of fathers would continue to drive until the children requested a break, while 17 per cent who knew they were exhausted simply kept driving, and hoped they wouldn't crash. The poll found a higher rate of men because they are more likely to be the primary drivers on road trips, Robertson suggests.

"Three-quarters of men are doing the bulk of driving on road trips," she says.

Warning signs of fatigue include yawning, excessive

blinking, head nodding, staring straight ahead, or drifting out of your lane.

Road trips should be planned with fatigue prevention in mind. Robertson says this includes getting enough sleep the night before; stopping for breaks, even if it just involves walking around the car for a few minutes; switching drivers regularly, if possible; and allotting "down time" in the travel itinerary, with the whole family involved in making sure the driver gets some rest.

Drinking enough water will help prevent dehydration, which can contribute to fatigue, and choose healthy snacks over sweet ones.

"If you have that sugary snack, you feel good for 15 minutes and then you crash," Robertson says. "Caffeine also gives you a quick spike, but then your energy level drops. It's better to drink water."

And any time you're too exhausted to drive, pull over and get some rest.

"Do you want to get to your destination safely, or have something happen?" Robertson says. "People need to look at alternatives, even taking a room and getting some sleep if you're that tired."

Horoscopes

Aries

March 21 - April 20

Let employers and people in positions of authority know what you can do. Let them know how hard you work and how much value you add to the tasks you undertake. Make sure you get the recognition you deserve.

Taurus

April 21 - May 21

A new phase has begun but still you are clinging to the past. The planets indicate that it's time to move on and the sooner you come to terms with that fact, the sooner you will enjoy life again.

Gemini

May 22 - June 21

Money matters may be high on your priority list at the moment but that does not mean your social life has to take a back seat. The approaching full moon will bring someone new and exotic into your life.

Cancer

June 22 - July 23

Be generous with others today, even if you have fallen out with them over emotional or material issues that are important to you. There is no point holding grudges — the person it hurts most is you.

Leo

July 24 - Aug. 23

The pace of life is picking up by the hour, if not the minute, and today and tomorrow you will have to react to situations that are not of your choosing. Stay calm and you'll do OK. Nothing can hurt you.

Virgo

Aug. 24 - Sept. 23

Passions will be running high over the next 24 hours and there may be times when it all gets a bit too much for you. Those are the times when you need to back off and let things cool down a bit.

Libra

Sept. 24 - Oct. 23

If nothing else, the approaching full moon will help you to see things from other people's point of view — and that's a useful talent to have. If you know how they think, you'll also know what to expect.

Scorpio

Oct. 24 - Nov. 22

Something amazing will happen over the next 48 hours and although it may cause you a few moments of alarm, you can sense it's all good really. What is an upheaval for some can be an opportunity for you.

Sagittarius

Nov. 23 - Dec. 21

Forget about how much something might cost you and go for it. If it engages your imagination then it must be good. Don't overanalyze what is really a quite simple situation.

Capricorn

Dec. 22 - Jan. 20

Tomorrow's full moon will bring to a head an issue that has been worrying you, but it's what you do today that will determine how much of an impact it has. Be cautious. This is not a time to take risks.

Aquarius

Jan. 21 - Feb. 19

It's not like you to have second thoughts once your mind is made up about something but that's exactly what is happening. Could it be you have taken a wrong turning along the way? Yes.

Pisces

Feb. 20 - March 20

You have every right to express your opinion — in fact it's more than a right, it's a duty. The reason powerful people don't like what you say is because they know it's the truth. All the more reason to say it. **SALLY BROMPTON**

Crossword: Prime Ministers

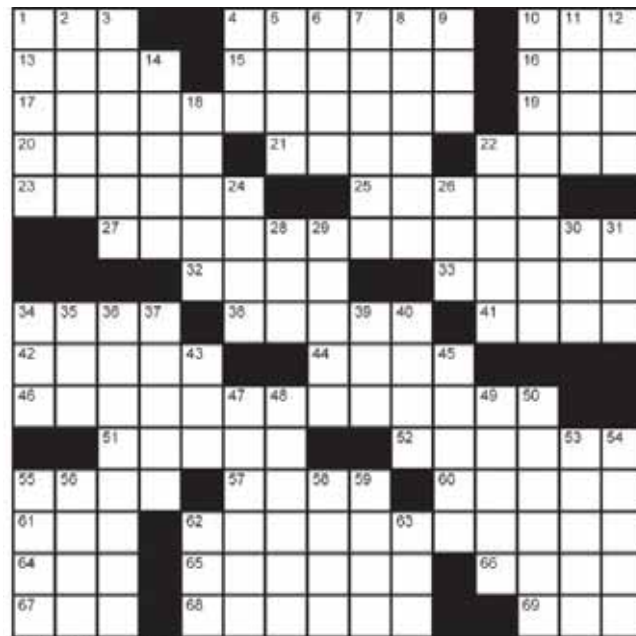
Across

1. ___ constrictor: python relative
4. Divvied up
10. ___ of luxury
13. ___ Donald: what Huey, Dewey, and Louie called their uncle
15. Kansas capital
16. Anger
17. 13th PM John (1957-1963)
19. ATM charge
20. Successfully bypassed the bouncer
21. Margarine
22. Deliver cards
23. Isolate, as Napoleon Bonaparte, or leave as a castaway, like Gilligan
25. Christmases
27. 6th PM, whose 69 days in office in 1896 were the shortest term
32. "___ it down": put it on the floor
33. "Let's give ___!": "Let's try"
34. San Francisco's cops: abbr.
38. Dashboard engine speed gauges
41. Blizzard feature
42. 3: Fr.
44. 8: Fr.
46. 3rd PM (1891-2), between Macdonald and Thompson
51. TV hostess O'Donnell
52. Prepares clams
55. Revolve
57. Tae ___ do: karate type
60. Loosen, as laces
61. Help

62. Canada's first woman PM
64. Lower limb
65. "Rub-a-dub-dub, three men ___"
66. Early Ontario inhabitants
67. Before: poetic
68. Related on father's side
69. Snake's warning

Down

1. Barely move
2. Burger garnish
3. ___ acid: vinegar component
4. RR stop
5. Bum
6. "Be ___ and lend me 50 bucks, willya?"
7. Enters again, as data
8. Barely make, as a living
9. Pop folk singer-songwriter Williams
10. Time from cradle to grave
11. Acreage
12. Apple covering
14. ___ Called Wanda: 1988 John Cleese film
18. Former Chinese premier Chou ___
22. History and English, etc.: univ. divisions
24. Former: poetic
26. A ___ : his (Fr.)
28. Meadow
29. ___ Sketch: classic drawing toy
30. Megalomaniacal feature



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31. Tier
34. Rds.
35. End of the work wk.
36. Goldilocks meal
37. French city famous for mustard
39. Wheel center
40. Brothers and sisters, briefly
43. "Help!"
45. Compute the sum of

47. Backpacker's activity
48. Paul of *Cool Hand Luke*
49. Year that Claudius I was born
50. French fries, slangily
53. The M in MPG and MPH
54. 1990s tennis champ Monica with nine Grand Slam titles
55. Bargain hunter's

56. Docking platform
58. "He doesn't ___ bit afraid, does he?"
59. Astro or cosmo follower
62. Korean car manufacturer
63. Honorary U.K. title

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	2	5	4	9	3	7	1	6
6	3	9	1	7	8	4	5	2
4	1	7	2	5	8	9	3	6
1	5	3	9	8	4	2	6	7
2	8	4	7	3	1	5	8	9
9	7	8	5	6	2	1	3	4
5	9	1	6	2	7	3	4	8
3	4	2	8	1	9	6	7	5
7	6	3	4	5	9	2	1	8

				9		8		
4	8			1	3			
	3		2		9			
	5			9	6		7	
2								6
	1		5	7			4	
		7			5		3	
		3	6				5	2
6			4					

Weather

TODAY



MAX: 24°
MIN: 11°

THURSDAY



MAX: 14°
MIN: 11°

FRIDAY



MAX: 21°
MIN: 13°



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